

# TUNING IN TO TEENS

## EMOTIONALLY INTELLIGENT PARENTING



### 5 SESSION PARENTING COURSE FOR PARENTS OF TEENS

Would you like to learn how to:

- Communicate effectively with your teenager?
- Understand your teenager?
- Help your teenager with emotional intelligence and managing emotions?
- Prevent some teenage behaviour problems?
- Teach your teenager to deal with conflict?

**VENUE: headspace Brookvale**

Level 2 Brookvale House, 1A Cross Street, Brookvale

**DATES: Wednesdays 22<sup>nd</sup> August – 19<sup>th</sup> September 2018 (5 sessions)**

**TIME: 6.30pm – 9.00pm**

**COST: \$150 – subsidised rates available re: financial difficulty**

**REFRESHMENTS PROVIDED**

**BOOKINGS ESSENTIAL : <https://tntbrookt3.eventbrite.com.au>**

**PH: 8877 5376**

The 5 session course will be facilitated by a qualified Parent Educator from  
**Child and Adolescent Parenting, Northern Sydney Local Health District**

[www.nslhd.health.nsw.gov.au/Services/CAP](http://www.nslhd.health.nsw.gov.au/Services/CAP)



**Health**  
Northern Sydney  
Local Health District

