



Tuning into Teens™ at headspace

EMOTIONALLY INTELLIGENT PARENTING

Learn how to:

- Understand what they're going through at this stage in life
- Understand their emotions
- Manage conflict more effectively
- Communicate more effectively
- Create a closer more connected relationship
- Build on your skills as a parent

When: Every Tuesday, for 6 weeks – commencing 21st May 2019

Where: headspace Narre Warren

Time: 930am – 1130am (*certificates of attendance can be provided*)

To register, Contact: Christina – Christina.Molina@headspacedandenong.com.au

A **FREE** six session parenting program for parents and carers of young people

**REGISTRATIONS CLOSE 3RD MAY.
PLACES ARE LIMITED**

