



Tuning In To Teens Parenting Program

A six week parenting program for parents
of adolescents aged 12-18 years

- ◆ Understand your own emotions
- ◆ Understand your teen's emotions and behaviour
- ◆ Develop greater connection and better communication with your teen
- ◆ Help and teach your teen to manage his/her emotions and behaviour
- ◆ Teach your teen to deal with conflict

Starts

Thursday, 20th October 2016

6.00pm to 8.00pm

3Bridges Youth Centre

18 Treacy Street, Hurstville



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Tuning In To Teens

Philosophy: Emotions are Central for Communication and Connection

Adolescents with higher emotional competence or intelligence:

- ◆ are more aware, assertive and strong in situations of peer pressure
- ◆ have greater success making friends and are more able to manage peer conflicts
- ◆ are more able to cope when upset or angry
- ◆ have fewer mental health and substance abuse difficulties
- ◆ have more stable and satisfying relationships as adults
- ◆ have greater career success

Emotional competence/intelligence has been recognised as being a significant contributor to predicting academic and career success.

\$60 per person or \$80 per couple

For Enquiries:

Call Lena Saunig
P: 1300 327 434
M: 0438 445 168
Email: Lena.Saunig@3Bridges.org.au
Website: www.3Bridges.org.au



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