



# Tuning in to Teens™

## Workshop series

**Would you like to be better equipped to support your child as they navigate adolescence and build their independence?**

### Join our workshop series and learn to:

- better understand and help your child navigate this important developmental phase
- strengthen your relationship with your child
- coach your child to manage strong emotions like worry, anger and sadness
- build your child's problem solving, conflict resolution, and resilience skills
- help your child develop healthy friendships.

Tuning in to Teens™ teaches parents how to help their children develop emotional intelligence.

This key skill can help them to cope better with emotions, better engage in learning, improve their mental health, and have more stable and satisfying relationships.

### Facilitators

- Tony Brewin (Melbourne Proactive Policing Unit)
- Kate Riley (Department of Education)

### Ideal for

Parents and carers of year 7 and year 8 students who attend Fitzroy High School.

This program is delivered by Relationships Australia Victoria as part of Yarra Communities that Care.

### When

Thursdays in 2023 from 6:30 to 8:30pm:

- 3 August
- 10 August
- 17 August
- 24 August
- 31 August
- 7 September.

It is important to attend all 6 sessions. Your co-parent cannot attend in your place.

### Where

Fitzroy High School  
Falconer Street, Fitzroy North

### Cost

\$110 each, or \$170 for a caregiver pair.  
Free for Health Care Card holders.

### Register now

Bookings are essential as places are limited.

To register, visit [tint-fhs.eventbrite.com.au](https://tint-fhs.eventbrite.com.au)

A brief telephone assessment will be held before the program starts, to confirm that it is suitable for your circumstances.

To find out more, phone:

- Naomi Gilbert at Relationships Australia Victoria on **0488 688 908**
- Linda Ekman at Fitzroy High School on **(03) 9488 1900**.

We acknowledge the Aboriginal and Torres Strait Islander peoples as the Traditional Owners of the lands and waterways of Australia.

We support Aboriginal people's right to self-determination and culturally safe services.

