



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

- Monique Thompson
- Celina Aguiar – Yarra Family, Youth and Children's Services

Ideal for

This program is ideal for parents and carers of year 5 - 8 students who live or attend school in the City of Yarra.

It is particularly helpful for parents who are preparing to support their child as they transition to high school.

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

When

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

- 31 July
- 7 August
- 14 August
- 28 August
- 4 September
- 11 September.

Please note: No session on 21 August.

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

Where

Studio One
15 Barnet Way, Richmond

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-yarra.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, contact Naomi Gilbert, Community Liaison Officer at Relationships Australia Victoria on **0488 688 908**.

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.

