

# TUNING IN TO TEENS™

**A six session parenting program for parents of teens**

**Would you like to learn how to:**

communicate more effectively with your teen?

understand your teen better?

help your teen to manage those difficult emotions?

help to prevent behavioural issues in your teen?

teach your teen how to deal with conflict more effectively?

**Tuning into Teens shows you how to help your teen to develop emotional intelligence. Research shows teens with higher emotional intelligence:**

- have more stable and satisfying relationships as adults
- are able to deal with peer pressure better
- are more able to cope positively when upset or angry
- have fewer mental health issues and substance abuse difficulties
- have greater career success

**Tuesdays  
6.30pm to  
8.30pm**

commencing 19 February  
(you will need to be available for  
all 6 sessions)

**Where:**

Aspire Learning Lab,  
Level 1, Newport Community Hub,  
13 Mason St, Newport.

**Contact:**

Please call Hobsons Bay UP  
on 9932 4000 or email  
adminys@hobsonsbay.vic.gov.au  
for more information or to  
reserve your place.

**Facilitated by:**

Hobsons Bay City Council  
and Hobsons Bay UP

[hobsonsbay.vic.gov.au/teens](https://hobsonsbay.vic.gov.au/teens)