

TUNING INTO TEENS

(AN EVIDENCE-BASED PROGRAM THAT WORKS!)



Would you like to learn ways
In which to connect with your
young person on an emotional
level and find ways to help your
teen strengthen their emotional
intelligence?

Does your young person
struggle to articulate their
thoughts and feelings and often
become angry and aggressive
or withdraw from you?

Join us over six sessions to learn
strategies and skills to help your
teen express their emotions in
healthy and positive ways.

\$20 or free with concession card

Book on our website www.ds.org.au
under Parenting Groups

Kurrambee Community Centre

12 Merrijig Road

Torquay

- April 29th 7-9pm
- May 6th 7-9pm
- May 13th 7-9 pm
- May 20th 7-9pm
- May 27th 7-9 pm
- June 3rd 7-9pm

= All in person

