



Tuning into Teens

Emotionally Intelligent Parenting

A six session parenting program
for parents of teens aged 10-16

Would you like to learn how to:

- Communicate with your teen more effectively?
- Be better at understanding your teen?
- Help your teen manage those difficult emotions?
- Help to prevent behaviour problems in you teen?
- Teach you teen how to make friends and deal with conflict?

Tuning into Teens shows you how to help your adolescent develop emotional intelligence.

Research has shown that adolescents with higher emotional intelligence:

- Have greater success with making and keeping friends
- Have better concentration at school
- 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.

When

Wednesdays 5.30pm to 8.00pm

Commencing 1st March 2017

Six week course (must attend all sessions)

Where

headspace Bunbury

1/82 Blair Street, Bunbury

Contact

Marie on 9729 6800 or email

info@headspacebunbury.org.au



**Emotional intelligence maybe a better predictor of
academic and career success than IQ!**