



DAD'S TUNING IN TO TEENS Parenting Workshop

A FREE 4 SESSION PARENTING PROGRAM FOR PARENTS OF CHILDREN AGED 10 -16

WOULD YOU LIKE TO LEARN HOW TO:

- Communicate with your teen more effectively?
- Help your teen manage those difficult emotions?
- Help to prevent behaviour problems in your teen?
- Teach your teen how to make friends and deal with conflict?
- Help your teen develop emotional intelligence?

RESEARCH HAS SHOWN THAT ADOLESCENTS WITH HIGHER EMOTIONAL INTELLIGENCE:

- 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

EMOTIONAL INTELLIGENCE MAY BE A BETTER PREDICTOR OF ACADEMIC AND CAREER SUCCESS THAN IQ!

Where: 95 Hudson Rd, Hudson Road Family Centre

When: 5, 12, 19, 26th June @ 6-8.30pm

Cost: FREE & nibbles provided

Facilitator: Sue Riccelli Parenting Connection WA

Phone: Call Libby to book on 97209208 or email SouthWest.PCWA@anglicarewa.org.au

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