



## 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?
- Learn how to Emotion Coach your teen through those difficult emotions?
- Help to prevent behaviour problems in your teen?
- Help your teen develop coping skills, resilience and emotional intelligence?
- Guide your teen around problem solving and managing conflict.

**EMOTIONAL INTELLIGENCE (EQ) MAY BE A BETTER PREDICTOR OF 'SUCCESS' THAN IQ!**

**Where:** Relationships Australia, 71 Kent St, Busselton

**When:** Tuesday October 23 & 30<sup>th</sup>, November 6, 13, 20 & 27<sup>th</sup>, 2018. **Time:** 5.30pm-8pm.

**Cost:** FREE

**Facilitator:** Kerry Hawkins, Relationships Australia

**Phone:** Book in by phoning 08 61640600 or emailing [Kerry.Hawkins@relationshipsaustralia.org.au](mailto:Kerry.Hawkins@relationshipsaustralia.org.au)

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