



TUNING IN TO TEENS Parenting Workshop

A FREE 5 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 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: Collie Family Centre, 5 Forrest Street, Collie WA

When: Wednesday Oct 10, 17, 24, 31st & Nov 7th 2018. **Time:** 10.30am - 1pm

Cost: FREE

Facilitator: Sue Riccelli, Parenting Connections Southwest.

Register: Collie Family Centre Tel: 9734 5343 or Email: admin@colliefamilycentre.org.au

(Please note: participants should aim to attend all sessions where possible)

Supported by