

# TUNING into TEENS



A free, evidence-based workshop for parents/guardians of teenagers!

Parents/guardians report having stronger relationships with their teens and feeling more confident and capable as parents after attending. Parents/guardians also report improvements in:

## Parenting Tools

- Such as the ability to recognise, label, and validate a teen's emotions.
- Help teenagers to manage their emotions in a healthy way.

## Parent-Teen Relationships

- Communicating with their teen(s)
- Understanding their teen's behaviour
- Mutual trust between parent and teen(s)
- Maintaining healthy boundaries in a respectful way

## Adolescent Mental Health

Teenagers report improvements in their mental health, such as reductions in anxiety and depression.

- Participants learn about 'emotion coaching' and take away practical, effective skills to use right away!
- The program is delivered in a group format with several sessions during the day
- Food and refreshments are provided



Tuesday, September 17th  
9 am - 3 pm



Lifetime Connect  
157 Mann St, Nambucca Heads