TUNING IN TO TEENS

Emotionally Intelligent Parenting
A six session parenting program for parents of teenagers.

Would you like to learn how to:
• Be better at talking with your teen?
• Be better at understanding your teen?
• Help your teen learn to manage their emotions?
• Help to prevent behaviour problems in your teen?
• Teach your teen to deal with conflict?

Tuning in to Teens shows you how to help your teen develop emotional intelligence. Adolescents with higher emotional intelligence:

✔ Are more aware, assertive and strong in situations of peer pressure.
✔ Are more able to cope when upset or angry.
✔ Have fewer mental health problems and substance abuse difficulties.
✔ Have more stable and satisfying relationships as adults

Emotional intelligence may be a better predictor of academic and career success than IQ!

Where
St Josephs’
East Gosford

Commencing
12th February 2016
for 6 weeks

Time
Start 9am
Finish 11.30am

Registration Essential
By 10th December 2015

To register and for further information
Ring Christine Hain 43244022