

A PARENTING PROGRAM TO BENEFIT ANY FAMILY

This program is backed by evidence-based research where it focuses on developing the skills in recognizing and responding to your teens' emotions, conflict management and helping your teen develop emotional intelligence.



This program has been instrumental in helping parents increase understanding about themselves and their teens, supporting harmony within families. Receive real support to deal with the pain and difficulty of managing your teens' emotions.

FIND OUT MORE AND REGISTER

Places are limited in these small group sessions.

To secure your place or ask for more information, contact Cathryn Porter on 0437999556 or email to admin@angelschildcontactservices.com

www.angelschildcontactservices.com

Please note – children will not be able to attend this program, please arrange babysitting before booking times.

ANGLES CHILD CONTACT SERVICES OFFER THE EVIDENCE BASED

TUNING IN TO TEENS®

TO ALL PARENTS / CARERS OF CHILDREN AGED 10 - 18

TUNING INTO TEENS PROGRAM



'Tuning in to Teens shows you how to help your teen develop emotional intelligence'

The Tuning into Teens is for parents and caregivers of 9 – 18 year old child/ren, and will teach you how to manage your own and your adolescent's emotions in ways that help you to remain close and keep communicating. By learning these skills, you are less likely to have a much conflict within your family and your teen is more likely to talk to you about the challenging issues they face. These factors that have been found to reduce the risk of mental health and substance abuse problems.

Our point of difference –

Cathryn Porter is a trained qualified facilitator in the delivery of Tuning into Teens program. This practitioner has many years of experience working with difficulties that parents can face and understands challenges that parents face raising teens.

Our programs are kept small (groups or individuals), in a relaxed and interactive environment. All sessions are available at different hours to suit your needs to make it easier for you to attend. Refreshments will be supplied.

What is Tuning into Teens?

Tuning into Teens (TINT) is designed to support and help parents teach their teenage children to

control, understand and express their emotions in healthy and positive ways. TINT helps parents recognise, understand and respond to their teenager's emotions, which in turn helps them manage their own emotions.



Enhance your parenting skills. Learn effective ways to understand your child/ren.

Who it is for?

We invite all parents and caregivers of children/teenager to take part. Anyone can join, no referral is required.

No judgements are passed, only open discussions about how you can enhance the optimal benefits for your family.

From the very first session, you will gain more confidence in how to deal with your teenager.

What are the main benefits?

- Develop skills in using your teens emotional experiences for closeness and teaching, being aware of your teens' emotions, assisting teens to verbally label and manage their emotions and problem solving.
- Awareness and regulation of your own emotions.
- Small group/individual sessions.
- 6 week program.
- Times tailored to suit family needs.
- Locations available in Ipswich and Brisbane.

Upfront Costs (covers all sessions) – \$175

Weekly payment plans are available – to be negotiated with the facilitator.

By the end of this course, you will have the skills needed to develop a positive relationship with your teenager.

How to register details on back of brochure.

