

# Tuning in to Teens



## WHEN

**Mondays  
5:30 - 7:30pm**

## DATES

**23rd October to  
27th November  
2023**

## WHERE

**Online**

### Discussion include:

- Develop new ways of talking with and understanding your teen
- Support your teen to manage difficult emotions
- Develop your teen's skills in managing conflict
- Being kind and caring to yourself
- Join online from the comfort of your home

**To register or enquire call  
Rachelle on 0407 891 650 or  
Mark on 0491 060 916**

*Stay  
tuned*