

# Tuning in to Teens



## WHEN

Mondays  
6pm - 8pm

## DATES

4th August to  
8<sup>th</sup> September

## WHERE

73 Elgin St  
Maitland  
Wonnarua Country

### Discussions 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
- Connect with other parents and caregivers

To register or enquire call

Mark on 49 263 577 or

0491 060 916

