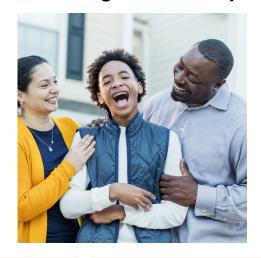
Family Support Newcastle invites parents and carergivers to this FREE group:



tuning in to teens tune up

A refresher for people who have completed Tuning in to Teens program





WHEN

10am - 12pm OR 6pm - 8pm

DATES

Monday 23rd June
OR
Monday 30th June

WHERE

Online (Link provided on registration)

Discussions include:

- Turning towards
- Tuning in
- Sitting with difficult emotions
- What to do when Emotion Coaching isn't working
- · Celebrating when things go well
- Connecting with other parents and carers

To register or enquire call Mark on 0491 060 916





