

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**

Stay
tuned