



Family Support Newcastle
your family, our community

Family Support Newcastle and CALM invite parents and carers of young people aged 10+ to this FREE 6 week group:



Tuning in to Teens TM



WHEN

Tuesdays
9:30am - 11:30am

DATES

20th May
to
24th June

WHERE

Morisset High School
133 Bridge Road,
Morisset
Awabakal 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 carers

To register or enquire call
Mark on 49 263 577



The Family Relationships and Skills program is funded by the Australian Government through Family Support Newcastle.

