

Family Support Newcastle and headspace Newcastle invite parents and carers of young people aged 10+ living in Newcastle, Lake Macquarie and the Hunter to this free 6 week group

# Tuning in to Teens



## when

Mondays  
6pm-8pm

## dates

27th October -  
1st December

## where

headspace Newcastle  
582 Hunter St  
Newcastle West  
Awabakal Country

## discussions include

- developing new ways of talking with and understanding your teen
- support your teen to manage difficult emotions
- develop your teens 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



Family Support Newcastle  
*your family, our community*



The Family Relationships and Skills Program is funded by the Australian Government through Family Support Newcastle. headspace National Youth Mental Health Foundation is funded by the Australian Government of Health and Aged Care