



ABOUT THE PROGRAM

Tuning into teens is a 7 session program for parents and carers of adolescents aged 9-18 years old.

Would you like to:

- Communicate and connect more effectively with your teen?
- Understand your teen's world better?
- Support your teen in managing their emotions?
- Help your teen navigate conflict with confidence?

Tuning Into Teens is designed to help you empower your adolescent to:

- Become more aware, assertive, and resilient in the face of peer pressure
- Build stronger friendships and handle peer conflicts with greater ease
- Manage feelings of upset or anger in healthy ways
- Develop stable, satisfying relationships that last into adulthood

DETAILS

Frequency: 7 Weekly sessions

Time: 7:30pm - 9:30pm

Location: Telehealth - Teams Meeting

