

# TUNING IN TO TEENS

EMOTIONALLY  
INTELLIGENT  
PARENTING



## 5 SESSION PARENTING COURSE FOR PARENTS OF TEENS

Would you like to learn how to:

- Communicate effectively with your teenager?
- Understand your teenager?
- Help your teenager with emotional intelligence and managing emotions?
- Prevent some teenager behaviour problems?
- Teach your teenager to deal with conflict?

### Chatswood

**VENUE:** Chatswood Community Health Centre

57 Hercules St, Chatswood

**DATES:** Mondays 8<sup>th</sup> May – 5<sup>th</sup> June 2017 (5 sessions)

**TIME:** 7.00pm – 9.30pm

**COST:** \$150 (subsidised rates available re: financial difficulty)

**BOOKINGS ESSENTIAL:** Contact 02 8021 3668 or Book Online

<https://www.eventbrite.com.au/e/tuning-in-to-teens-emotionally-intelligent-parenting-tickets-33103044096>

### Brookvale

**VENUE:** headspace Brookvale

Level 2 Brookvale House, 1A Cross Street, Brookvale

**DATES:** Thursdays 11<sup>th</sup> May – 8<sup>th</sup> June 2017 (5 sessions)

**TIME:** 6.30pm – 9.00pm

**COST:** \$150 (subsidised rates available re: financial difficulty)

**BOOKINGS ESSENTIAL:** Contact 02 9937 or Book Online

<https://www.eventbrite.com.au/e/tuning-in-to-teens-emotionally-intelligent-parenting-tickets-33569470189>

The 5 session course will be facilitated by a qualified Parent Educator from  
**Child and Adolescent Parenting, Northern Sydney Local Health District**

[www.nslhd.health.nsw.gov.au/Services/CAP](http://www.nslhd.health.nsw.gov.au/Services/CAP)