

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?

VENUE: Chatswood Community Health Centre

57 Hercules St, Chatswood

DATES: Wednesdays 1st March - 29th March 2017 (5 sessions)

TIME: 7.00pm - 9.30pm

COST: \$150pp

REFRESHMENTS PROVIDED

BOOKINGS ESSENTIAL:

<https://www.eventbrite.com.au/e/tuning-in-to-teens-emotionally-intelligent-parenting-tickets-31276930140>

PH: 8021 3668

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



Health
Northern Sydney
Local Health District

