

New dates  
for 2014

# Tuning in to Teens

## Parenting Program

- Does your teen have emotional outbursts that make parenting hard work?
- Do you find it difficult to manage conflict with your teen?
- Do you feel rejected by your teen?
- Do you find it hard to know how to re-connect with your teen?
- Is your teen aged 11-16 years?

### What is Tuning in to Teens?

Tuning in to Teens is a parenting program (just for parents) that helps you understand the changes that affect teen's emotional development. Tuning in to Teens helps you connect with your teen's emotions and improves your relationships.

Tuning in to Teens helps parents better understand their teen's emotions. It helps parents understand adolescent emotional development, and promotes connection and cooperation, rather than family conflict. This 8 week group aims to teach parents skills in supporting teens to label emotions, communicate and manage their emotions and behaviour.

**When:** Monday, 21 July to Monday, 8 September 2014  
(8-week group)

**Time:** 1: 00pm to 3.00pm

**Where:** CoCare room

**Site:** Merri Community Health Services, Vic Place

**Location:** 21 Victoria Street, Coburg | (03) 9355 9900

**Facilitators:** Jane Miller Family Services Social Worker  
Adrian Harris Social Worker / Counsellor

**RSVP:** Jane Miller on (03) 9355 9980 (Mon-Thurs) or  
Adrian Harris on (03) 9389 2233 (Mon, Tues,  
Wed and Fridays)

To register interest, please contact us by Monday, 16 June 2014 to secure a spot.  
Tuning in to Teens is an evidence-based program researched at Mindful, The University of Melbourne

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