

# Tuning In To Teens



ANC4501

This program will enable parents of teenagers aged 10-18 years to help their children understand their emotions and express them in appropriate ways. Gaining control of their emotions provides social, behavioural, psychological and learning benefits for children.

Anglicare group programs are funded through sources including the Australian Government Department of Social Services and NSW Family and Community Services.

**BOOKINGS  
ESSENTIAL**

## **Tuesdays**

22 & 29 May  
12, 19 & 26 June 2018  
(5 weeks)  
10.30am – 12.30pm

## **Location**

St Andrew's Church Hall  
1 Riverside Drive  
Airds 2560

This is a free course.  
Childcare is not provided.

For bookings and information  
**1800 133 373**