

# 2-DAY PROFESSIONAL TRAINING WORKSHOP



Hosted By:



**headspace**  
Queanbeyan

## When?

Thursday 17<sup>th</sup> & Friday 18<sup>th</sup> November 2016  
8.30 am – 4.30pm

## Where?

headspace Canberra  
170 Haydon Drive, Level B, Building 18,  
Bruce ACT 2601

## Cost?

\$745.00 includes the training manual and catering.

## For more information

Contact **headspace** Queanbeyan:  
Phone (02) 6298 0300 or  
Email [info@headspacequeanbeyan.org.au](mailto:info@headspacequeanbeyan.org.au)

## What is Tuning in to Teens™?

Tuning in to Teens is an extension of the Tuning in to Kids™ parenting program focusing on adolescence. Tuning in to Teens also targets specific skills of emotion awareness, acceptance and coaching and incorporates self-care and mindfulness. It presents parents with additional material on adolescent development and the changes and challenges that this age and stage bring to family life.

The program meets a significant gap in available interventions for parents/carers of teens. In the efficacy trial, parents reported improvements in their emotion awareness and regulation, including depression and anxiety. Improvements in parenting and reductions in family conflict and youth externalising and internalising difficulties, were also reported by both parents and youth.

## What is included in the training?

The training will teach professionals the key skills taught to parents in the program using direct teaching, watching DVDs, demonstration, small group exercises, role plays and group discussion.

## Registration Form

First Name

Surname

Branch/Organisation

Street

Suburb

State

Post Code

Phone

Email

**Name for Invoice:**

Morning tea, lunch and afternoon tea will be provided.

**Dietary Requirements:**

### Registration:

Please scan and email this entire form to: [info@headspacequeanbeyan.org.au](mailto:info@headspacequeanbeyan.org.au)  
**FIRST IN BASIS, Numbers are limited!**

### Payment:

An invoice will be sent to you.  
Payment of this invoice will secure your place in the training.