

# Tuning In To Teens



ANC4501

**BOOKINGS  
ESSENTIAL**

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.*

## **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.

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**For bookings and information**  
**1800 133 373**



**Anglicare**

**Community  
Services**