

2-DAY PROFESSIONAL TRAINING WORKSHOP



Hosted By:



When?

Thursday 17th & Friday 18th 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

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

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.