



TUNING IN TO TEENS

Emotionally Intelligent Parenting

**A six-session parenting program
for parents of adolescents aged
12 to 18 years**

Presented by Camcare

Would you like to learn how to:

- be better at talking with your teen?
- be better at understanding your teen?
- help your teen learn to manage their emotions?
- help to prevent behaviour problems in your teen?
- teach your teen to deal with conflict?



TUNING IN TO TEENS shows you how to help your teen develop *emotional intelligence*.

Adolescents with higher emotional intelligence:

- are more aware, assertive and strong in situations of peer pressure
- have greater success with making friends and are more able to manage conflict with peers
- are more able to cope when upset or angry
- have fewer mental health and substance abuse difficulties
- have more stable and satisfying relationships as adults
- have greater career success
 - Emotional intelligence may be a better predictor of academic and career success than IQ!



WHERE?

Hawthorn Community House.
32 Henry St,
Hawthorn VIC 3122.



WHEN?

9:30am to 11:30am
• 22 Feb • 1 March • 8 March
• 15 March • 22 March
• 29 March

Contact:

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