



# Tuning in to Teens

Tuning in to Teens shows parents and carers how to help their teens develop emotional intelligence. Join our six-session parenting program to learn how to:

- be better at talking with your teen
- better understand your teen
- help your teen learn to manage their emotions

✓ Help your teen identify emotions & manage feelings

✓ Build resilience

## Program dates & locations:

**Where:** Online Zoom Sessions

**Dates:**

Wednesdays 27 April – 1 June 2022  
Online check in @ 6:45pm (Week 1)

**Time:** 7pm – 9pm

## RSVP:

Reception | CatholicCare Victoria  
T: (03) 5438 1300 | E: email@ccds.org.au

This program has 6 weekly sessions online.

**Fees (full program):**

\$60 or \$30 Concession

*Groups are subject to maximum and minimum numbers determined seven working days prior to the commencement date. Early registration is encouraged.*