



Call to book

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Tuning into Teens™

Adapted version

Would you like your teenager to:

- Have better concentration at school
- Have greater success at making and keeping friends
- Be able to manage conflict
- Be able to calm down when upset or angry

Join a free three-session interactive webinar series for parents, guardians and carers of teenagers, adapted from the evidence based program 'Tuning into Teens™'.

Tuning into Teens™ teaches you how to help your teenager understand and manage feelings (emotional intelligence).

WHEN: 3 x Interactive Webinar sessions commencing on Thursday 3rd September 2020.

TIME: 1pm- 2pm on Thursdays.

DATES: 3rd, 10th and 17th September.

ONLINE PROGRAM via Microsoft Teams.

COST: Free.

INFO: Parents or guardians of teenagers aged between 11- 18.

CTC
STONNINGTON

This program is provided by Star Health. It is being offered as part of the Communities That Care Stonnington initiative.


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