



EMOTIONALLY INTELLIGENT PARENTING

A Three-Session Parenting Program

For parents of adolescents aged 12-17



Would you like to learn how to?

- Be better at communicating with your teen?
- Be better at understanding your teen?
- Help your teen learn to manage their emotions ?
- Help to prevent behavior problems in your teen?
- Teach your teen to deal with conflict ?

Tuning into teens guides you on 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: Macarthur Family and Youth Services Office

16 King St, CAMPBELLTOWN NSW 2560

WHEN: 11th 18th & 25th of September 2024 on Wednesdays

TIME: 10 am- 1 pm (30 Minutes Break)

Contact: Facilitator Puja (0419293559)

An attendance certificate will be provided after the course is completed

If you are unable to get in touch with the facilitator, please contact the Macarthur Family and Youth Services on [\(02\) 4620 4667](tel:0246204667)