

Tuning in to Teens™

Emotionally Intelligent Parenting

A three-session **parenting program**

for parents of adolescents **aged 10-17**



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!

Venue: Macarthur Family and Youth Services office

16 King St CAMPBELLTOWN NSW 2560

Date: 17th, 24th & 31st of October 2023

Time: 10am – 1pm

Contact: Heidi (0448 931 829)

or heidi.choi@mfys.org.au

