

Tuning In To Teens

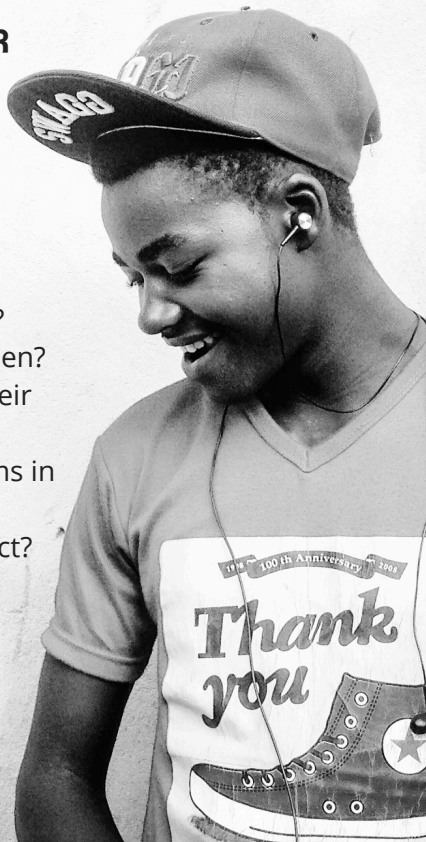
A SIX-SESSION PARENTING PROGRAM FOR PARENTS OF ADOLESCENTS

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?



PORT STEPHENS
FAMILY AND
NEIGHBOURHOOD
SERVICES



WHERE: 5 Phillip St, Raymond Terrace

WHEN: Thursday 7th November - 12th December 2024

TIME: 10:30am - 12:30pm



CALL 49 800 800 TO REGISTER

Bookings essential

