

# 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:** The Deck Youth Venue  
1a Kangaroo St, Raymond Terrace (end of St past Aldi)  
**WHEN:** Thursday 23<sup>rd</sup> October - 27th November 2025  
**TIME:** 10am - 12pm



**CALL 49 800 800 TO REGISTER**

Bookings essential