

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 30th April - 4th June 2026

TIME: 10am - 12pm



CALL 49 800 800 TO REGISTER

Bookings essential