

Tuning in to Teens[®]



Parenting Program



You are invited to take part in a free program that aims to help you and your adolescent manage the many emotional challenges of this stage of life. The program will teach you how to manage your own and your adolescent's emotions in ways that help you to remain close and keep communicating.

Tuning in to Teens highlights Emotion Coaching techniques that help you assist adolescents to become emotionally intelligent. Adolescents who are emotionally intelligent,

- ☉ 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.



DATE: Five Weekly Sessions

Contact us to find out the next scheduled program

TIME: 10:30am to 1pm

LOCATION: Jane Ardler Centre, 51 - 53 Berry Street, Nowra 2541

Expressions of Interest: Contact SCMSAC 1800 267 327 and ask to speak with Kelly-Ann Griffin or email: fcs@southcoastams.org.au

South Coast
Medical Service
Aboriginal Corporation



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