

# Tuning in to Teens®

A free program for parents of children aged 10-18 years. Learn emotion coaching to help your teen understand and manage their feelings.



**Capital  
Region  
Community  
Services**

Join our free workshop series for parents and carers. Through six interactive sessions, you'll learn practical skills and strategies for building stronger relationships with your teen. We teach you how to notice teens' emotions, especially before they become overwhelming for the teen.

Learn emotion coaching to help your teen understand and manage their feelings. You'll learn about emotional intelligence, how to name emotions, support your teen when they're upset, and develop skills to help you to remain close and keep communicating.

Teens with higher emotional intelligence:

- have greater success with making and keeping friends
- have better concentration at school
- are more able to calm down when upset or angry.

Tuning in to Teens® helps parents to:

- improve interactions and better understand their teen
- help their teen learn to manage their emotions and deal with conflict
- help to prevent behavioural problems.

## Term 3 Sessions:

When	Location	Cost
Friday the 15/8, 22/8, 29/8, 5/9, 12/9 and the 19/9 from 10:15-12:15pm	Woden Library	Free, but registration is essential as places are limited.

**Join us and learn to support your teen's wellbeing.**

For more information, please email us at:  
bungee@crs.com.au or call 02 6264 0200

Supported by



*Capital Region Community Services runs Tuning in to Teens® through the Bungee program, which is supported by the ACT Health Directorate.*