



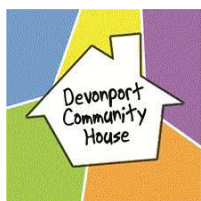
Tuning in to Teens

Emotionally intelligent parenting

A **FREE eight-session** parenting program for parents and caregivers of adolescents. **Tuning in to Teens** shows you how to help your teen develop emotional intelligence.

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.



Date:

Time:

Location:

Bookings are essential. Please contact Reconnect Practitioner Shane East on [0447 303 634](tel:0447303634) or email S.East@anglicare-tas.org.au

The Reconnect Program is funded by the Australian Government Department of Social Services. Visit dss.gov.au for more information.

1800 243 232
anglicare-tas.org.au

 **Anglicare**^{TAS}
Choice, support and hope