

Tuning in to Teens

Emotionally Intelligent Parenting

90 minute information session
introducing concepts from the
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?

Tuning in to Teens shows you how to help your teen develop *emotional intelligence*.
Adolescents with higher emotional intelligence:

- 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!

Where: Marian College,
Sunshine West

When: 7pm – 8.30pm

Facilitator: Anne Hubbard

Bookings essential: 9363 1711

This event is for adults only

