



TUNING IN TO TEENS

FREE SIX WEEK COURSE

Would you like to learn more about:

- Understanding your teen's emotional world by reading their emotional needs
- Supporting your teen's ability to successfully manage emotions
- Enhancing your teen's self-esteem, help them manage healthy relationships, and increase their confidence
- Acknowledging your teen's need and ability to be autonomous
- Empowering you teen's ability to problem solve and make good decisions

Any and all parents and caregivers welcome

Where: Waroona Community Resource Centre, Waroona

When: Mondays 19 Feb, 26 Feb, 12 March, 19 March, 26 March, 9 April 2018

Time: 6:30 – 8:30pm

Cost: FREE. Please contact us to enrol

Phone: 6164 0519 or **Email:** 4families.mandurah@relationships.wa.org.au

Supported by

