**Tuning in to TeensTM**

Emotionally Intelligent Parenting

**This six-session online parenting program is  
for parents of tweens & teens aged from 10-16 years**

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Description automatically generated**We live in a changing world today where parenting can be complex.   
Tuning in to Teens**TM **can support you with:**

* being able to better connect with your teen
* talking with your teen about the challenges they face
* support your teen to better manage their emotions
* helping to prevent behaviour problems in your teen
* teaching your teen to deal with conflict

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**Tuning in to TeensTM**

will support & guide you in helping your teen develop *Emotional Intelligence*

in a safe and interactive group setting

**Where:** Online via Zoom

**When:** Wednesdays

5th May to 9th June  
from 7.30-9.00pm AEDT

**Cost:** $190 / $270 couples

**Adolescents with higher Emotional Intelligence:**

* are more aware, assertive and strong in situations of peer pressure
* have greater ability to connect with others
* are more able to cope when upset or angry
* have fewer mental health and substance abuse difficulties
* Emotional intelligence may be a better predictor of academic and career success than IQ!

 **@Parenting Journey**

**For all enquiries please call:**

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**For more information**

[**www.theparentingjourney.com.au**](about:blank)