



This free five - session program is for parents who would like to learn how to:

- Understand your and your tween/teenager's emotional responses;
- Manage behavioural issues and set appropriate limits;
- Better deal with conflict, outbursts and defiance.

Tuning in to Teens™

When: Fridays 1, 8, 15, 22, 29 November
11am -1pm (5 sessions)

Where: Children and Families Hub,
24 Jacob St Bankstown

Who: For parents with children 10 -18 years

Register: [Click here](#)



SCAN ME

Child minding available on request