



# Are you a Parent or Carer?

Would you like to learn how to:  
Be better at understanding and talking with  
your teen?

Help your teen learn to manage their emotions?

Help to prevent behaviour problems?

Teach your teen to deal with conflict?

## Tuning into Teens

Join us for a program where we empower you with knowledge to navigate parenting challenges. Enhance your emotion coaching skills to strengthen your bond and communication with your teenager during this pivotal time. Tuning into Teens (TinT) is FREE and run for parents that live in Campbelltown LGA suburbs.

### For more information:

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