



Tuning in to Teens at headspace South Melbourne

Emotionally intelligent parenting

A FREE 6-week program for parents of teens

Parenting can be challenging at times, this program can help you learn how to:

- Understanding what your young person is going through at this stage in their life
- Understand their emotions
- Manage conflict more effectively
- Communicate more effectively
- Create a closer relationship
- Build your skills as a parent

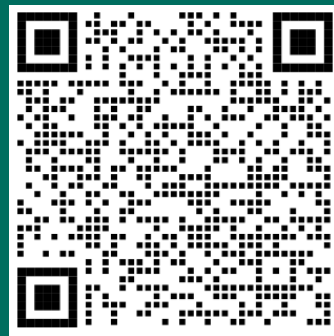
Program details:

Date: Tues 28th Oct - Tues 9th Dec

Time: 5.30pm - 7.30pm

Where: headspace South Melbourne

Register via QR code below:



Want to make an appointment, referral or get more information?



headspace South Melbourne
329 Dorcas Street, South Melbourne 3205



(03) 8850 4181
headspace.southmelbourne@accesshc.org.au



headspace South Melbourne



headspace_SouthMelbourne