



**Brimbank**  
City Council

# Tuning in to Teens

**A free program for parents and carers of young people aged 10 to 18 years old.**

## Would you like to:

- Understand your teen?
- Communicate effectively with your teen?
- Help your teen manage their emotions?
- Prevent behaviour challenges in your teen?
- Support your teen to manage conflict effectively?

Our seven-week Tuning in to Teens program teaches parents how to help their teen develop emotional intelligence.

## Teenagers with higher emotional intelligence:

- have more stable and satisfying relationships
- are better at managing peer pressure
- have fewer mental health and substance abuse difficulties
- have greater success making friends
- are more able to manage conflict
- have greater career success.

**"It has made me a calmer parent and my child is calmer and we feel closer to each other. She is also better able to manage her behaviour."**

## Register your interest

 Wednesdays 6 - 8pm,  
15 May - 26 August

 Online via Zoom

**Free**  
of charge

## For more information:

 [www.brimbankyouth.com](http://www.brimbankyouth.com)

 **9249 4000**

 [youthsupport2@brimbank.vic.gov.au](mailto:youthsupport2@brimbank.vic.gov.au)



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