

Tuning in to Teens

Connecting with your teenager through emotionally intelligent parenting.

"Your workshop was so valuable, and I will recommend it to any parents I know who may also feel like they lose the connection with their teen!"

Tuning Into Teens participant

Relationships
AUSTRALIA · NSW

Help your pre-teen or teen build strong emotional intelligence.

Emotionally intelligent young people cope better, communicate more effectively, and make healthier decisions. This program teaches parents and carers practical ways to support that growth.

This program is designed to help you:

- Understand and manage their emotions
- Communicate in ways that strengthen relationships
- Stay connected when emotions run high
- Build problem-solving skills, resilience, and self-care habits

This engaging, practical program runs over 6 supported sessions for parents and carers.

Program Details

Where: Online

When: Tuesday, 28th July - Tuesday, 1st September
Weekly, for 6 weeks
6-8pm

Cost: Free

Phone: 1300 364 277

Email: groups@ransw.org.au

Website: [relationshipsnsw.org.au/
communitybuilders](http://relationshipsnsw.org.au/communitybuilders)

Register via QR code:

