

COMMUNITY BUILDERS

Brought to you by Relationships Australia NSW

"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 in to Teens participant

Tuning in to Teens
Saturday Program

A two-day program for parents and carers of pre-teens or teens, helping you tune in to your child's emotions and learn how to respond to those emotions in a healthy way.

Relationships AUSTRALIA · NSW

Learn emotion coaching skills to support your child.

This program helps parents and carers of pre-teens and teens to improve communication and connection with their children.

Our experienced facilitators run the program in small groups. Together with other parents, you will learn practical emotion coaching skills to help your child regulate their emotions and manage their behaviour. These skills also help your child respond to others in socially appropriate ways.

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 2 supported sessions for parents and carers.

Program details:

Where: Relationships Australia, NSW
68 Waterloo Rd,
Macquarie Park, NSW,
2113

When: Saturday, 21st November
Saturday, 28th November
9:30am-2:30pm

Cost: Free

Phone: 1300 364 277

Email: groups@ransw.org.au

Website: relationshipsnsw.org.au/tuning-into-kids

Register here:

1/082026/BMC