

Tuning in to Teens

Emotionally intelligent parenting

This free six-week program aims to help parents and carers of teenagers to understand their child's experience and connect with and support their child.



If you are a parent or carer of a teenager this program will help you to:

- understand what your child is going through at this stage in their life
- help your child manage their emotions
- communicate more effectively
- build a closer more connected relationship
- build on your skills as a parent.

Location	Date and Time	Cost
Tomorrow Today Shop 10, 66 Nunn Street Benalla	Wednesday 18th October - 22nd November 5.30pm - 7.30pm	This is a free program

To Register

You can contact Karen Curl at Tomorrow Today on 03 5762 1211 or admin@tomorrowtoday.com.au
You can also register by scanning the QR Code or click [here](#)



RSVP by Monday 16th October

Bookings are essential



gatewayhealth.org.au

Please note this information applies to Term 4 2023



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People living well