

Tuning in to teens



Understand teen emotions and strengthen relationships.

A five-session program to assist parents and carers of teens aged 12-18 years, to recognise, understand, and respond to their teens and their own emotions to foster healthy development and strengthen relationship connection.

Time: 3 hour duration

Contact: Email Susan and Ash in Targeted Family Services:
0439 946 928 or susan.haines@veritashouse.org.au
0447 056 620 or ashley.hall@veritashouse.org.au



Contact Susan and Ash today about engaging in this parenting program.