

# Tuning in to Teens



Tuning in to Teens is a multi-session evidence based parenting program for parents and caregivers with children aged from 9 – 18 years.

Tuning in to Teens helps parents to teach their teenage children to control, understand and express their emotions in a healthy way. The program will offer support to parents and caregiver's providing tools to recognise understand and then respond to their teenager.

#### The program helps parents and caregivers

- Be better at talking with your teen
- Support prevention of problem behaviours in teens
- Support their teen to deal with conflict
- Support their teen to understand and manage their own emotions

This program is free and delivered by a trained facilitator 1:1 or in a small group setting.

#### For more information or referral into the PAES programs please contact:

Coordinator | Parenting & Children's Services

Jaclyn Maroney

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## Contact us

**Call:** 5559 4747

**Drop In:** Children's Service Centre 550-600 Raglan Pde, 9am – 5pm Monday – Friday

**Post to:** PO Box 198, Warrnambool VIC 3280

**Email:** [childandfamily@warrnambool.vic.gov.au](mailto:childandfamily@warrnambool.vic.gov.au)

**Interpreter service available**