



# Tuning into Teens

Tuning into Teens is a free six week coaching program that educates parents and carers of young people aged 12 to 18 years to help their teens to develop emotional intelligence.

This program will help you to:

- Understand your teen better.
- Manage difficult emotions.
- Prevent behavioural challenges.
- Support your teen to manage conflict.
- Listen to teens without being judgemental.

Research show teens with higher emotional intelligence:

- Have more stable and positive relationship as adults.
- Are able to manage peer pressure.
- Address feelings of anger, sadness and anxiety appropriately.
- Have greater career success.
- Help build resilience and cope better.

Participants must be able to commit to the six weeks to gain the full benefits of the program. Due to high demand of the program, priority will be given to those who live or have a child in secondary school within the City of Maribyrnong.

**When:** 6pm to 8.30pm, Tuesday commencing 21 February 2023 until 4 April 2023 (excluding Tuesday 14 March 2023).

**Where:** Phoenix Youth Centre, 72 Buckley Street, Footscray

To submit your expression of interest visit [www.maribyrnong.vic.gov.au/tuningintoteens](http://www.maribyrnong.vic.gov.au/tuningintoteens)

For more information please contact Phoenix Youth Centre by phoning 9091 4700 or email [phoenix@maribyrnong.vic.gov.au](mailto:phoenix@maribyrnong.vic.gov.au)