

OLSH College is pleased to present a 6-week parenting program for parents and caregivers



Tuning in to teens

EMOTIONALLY INTELLIGENT PARENTING

Tuning in to Teens™ is a University of Melbourne evidence-based parenting education program that focuses on teaching emotional intelligence.

Delivered online over six weeks, it is an interactive course presented by Liz Kelly who is an education and parent education consultant.

Liz has worked for more than 30 years with children and their families. With post-graduate training in special education as well as child and adolescent mental health, Liz is an experienced facilitator of Tuning in to Teens™.

Tuning in to Teens™ will help your daughter to:

- Understand herself better
- Navigate her world with insight
- Manage difficult emotions
- Deal with conflict
- Concentrate better at school
- Learn more effectively
- Form firmer social relationships
- Be more resilient

Tuning in to Teens™ will help you to:

- Understand the latest research about adolescent brain development
- Strengthen your relationship with your daughter
- Assist your teen to thrive
- Communicate more effectively with your daughter
- Negotiate appropriate limit setting
- Enjoy greater family harmony

DATES: Wednesdays 15, 22 and 29 October, and 5, 12 and 19 November

TIME: 6pm to 8pm, online (link will be supplied)

COST: \$250 per person, \$350 per couple. Limit of 12 participants.

BOOKINGS: <https://www.trybooking.com/DACXP>

