

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 over six weeks, it is a small-group, 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 25 October, 1, 8, 15, 22 and 29 November

### TIME

6.30pm to 8.30pm

### VENUE

OLSH Centre, 111 Jasper Road, Bentleigh

### COST

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

### BOOKINGS

<https://www.trybooking.com/CKTCD>

**Only 12 places available. Please book early to secure your place.**