


Free

Samaritans

Tuning in to Teens

Emotionally Intelligent Parenting

A free program for parents of teens aged 10-17.



Wednesdays
5:30pm - 7:30pm

Where: Pathfinders
51 Smith Street, Kempsey

When: Starting Wednesday October
13, 2021 until Feb 2, 2022

(full schedule below)

Bookings Essential
Please contact Marnie or Hannah
on 6539 3450 or
headspacekempsey@samaritans.org.au

Program Schedule

Wednesday Oct 13, 2021

Wednesday Oct 20, 2021

Wednesday Oct 27, 2021

Wednesday Nov 10, 2021

Wednesday Nov 17, 2021

Wednesday Nov 24, 2021

Wednesday Dec 1, 2021

Wednesday Feb 2, 2022

For more information visit www.samaritans.org.au

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Tuning in to Teens

Emotionally Intelligent Parenting

Would you like to learn how to:

- Communicate with your teen more effectively?
- Be better at understanding your teen?
- Help your teen manage difficult emotions?
- Teach your teen how to make friends and deal with conflict?

Tuning in to Teens shows you how to help your adolescent develop emotional intelligence.

Research has shown that adolescents with higher emotional intelligence:

- Have greater success with making and keeping friends
- Have better concentration at school
- Are more able to cope when upset or angry
- Have fewer mental health and substance abuse difficulties
- Have more stable and satisfying relationships as adults.

Contact us to find out more or register today!

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