



Tuning In To Teens

Supporting emotionally intelligent parenting

Tuning In To Teens is an evidence-based group parenting program that helps parents and carers to better connect with and understand their teens. Developed by the University of Melbourne, the program equips parents with the skills to help build their teen's - and their own! - emotional intelligence. By recognising and responding to difficult emotions, parents strengthen their connection with their teen and help them learn how to communicate and regulate their big feelings.

What parents are saying about Tuning In:

'It's made a huge difference - not just in my parenting, in my life.'

'Our home feels much calmer; less explosive, more peaceful.'

'So informative, encouraging and non-judgemental.'

'I'm finding it much easier to connect with my kids.'

'Mandate this course - a must for EVERY parent!'

Wednesday
24 July - 28 Aug

6 week program
7.30pm - 9.30pm

Caulfield location

*Venue provided on
registration*

\$120 per attendee

*Further subsidies available
for vulnerable families*

Places for this small-group program are strictly limited. To register, email cbarrett@jewishcare.org.au

 **JewishCare**
Enriching Lives



Tuning In To Teens

About the program

Session 1	Laying the foundation Emotional intelligence; understanding adolescent development; the hand model of the brain; coaching vs. dismissing
Session 2	Connecting and emotional acceptance Recognising and accepting emotions; understanding behaviour; 'meta emotion'; bids for connection
Session 3	Showing empathy Responding to sadness; 'sitting with' feelings; building empathy for your teen's experience; the language of emotions
Session 4	Coaching fear and worry Understanding anxiety; coaching teens to manage fears; non-derogatory parenting; problem solving and relaxation
Session 5	Coaching anger Understanding and responding to teens' anger; strategies to express and regulate anger; managing rejection
Session 6	Emotion coaching now and into the future Managing conflict; sibling rivalry; 'letting go'; key reflections and take-home messages

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