

## Tuning in to Teens

A six-session parenting program for parents of adolescents aged 11 to 18 years

*Tuning in to Teens* shows you how to help your teen develop *emotional intelligence*. Adolescents with higher emotional intelligence:

- are more aware, assertive and strong in situations of peer pressure
- have greater success with making friends and are more able to manage conflict with peers
- 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
- have greater career success –

Emotional intelligence may be a better predictor of academic and career success than IQ!

### **Where:**

Preston Neighbourhood House  
(PNH) Learning Centre  
Annexe Room (Church Building)  
220 High Street Preston 3072

### **When:**

**Fridays 10am to 12.30pm**

**21st February to 28th March 2014**

### **Bookings Essential:**

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