



Tuning Into Teens

Tuning Into Teens is a 6-week course aimed at parents and carers of children aged 10 years and over. This course aims to increase parent-child connection by improving emotional communication in the family.

What you will learn:



Communicate more effectively
with your teen

Understand your teen better

Teach your teen how to deal with
conflict more effectively

Help your teen to manage those
difficult emotions

6-week program



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FEES – \$120
(\$50 concession)

BOOKINGS ARE ESSENTIAL.

A certificate of attendance is issued on completion of the course.

Call now at ☎ (02) 8843 2500 OR ✉ Email enquiries@catholiccarewsm.org.au