

# Tuning in to Teens



**Centrecare**  
People making time for people

## **Do you want to get to know and understand your teen better?**

Tuning in to Teens will show you how to develop your emotional connection between you and your children.

Specifically focusing on the developmental needs of teenagers, integrating a greater focus on acceptance/empathy, and helping parents and carers to manage their own responses when adolescents reject or push them away as the young person seeks greater autonomy.

### **The aim of this workshop is for adults to:**

- Understand and manage their teen's emotions while supporting healthy communication and emotional intelligence.
- Become aware of emotions to support social skills and conflict.
- Understand adolescent brain development and normalising behaviours.
- Develop acceptance of all emotions, not necessarily behaviours.
- Understand the importance of self-care and mindfulness.

### **Details 2026**

Six x two hour sessions

Face-to-face

Fridays      February 13, 20, 27  
                    March 6, 13, 20

Time:      9.30 am - 11.30 am

Cost:      FREE

Location: Centrecare - 45 Yelverton Drive,  
Midland  
No crèche facilities



### **Registration Essential**

**To register or for more information:**



(08) 9436 0600

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