

# Tuning in to Teens



## 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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