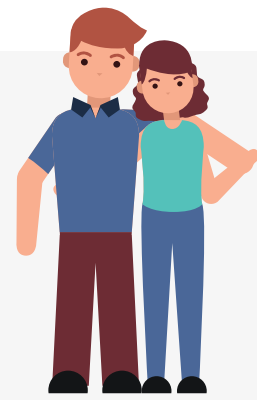




TUNING IN TO TEENS (10+)



The Tuning in to Teens program teaches parents and carers skills in emotion coaching.

Tuning in to Teens shows carers how to help teens develop emotional intelligence.

Research shows teens with higher emotional intelligence:

- have more stable and satisfying relationships as adults,
- can deal with peer pressure better,
- are more able to cope positively when upset and angry and,
- have fewer mental health issues and substance abuse difficulties.

GROUP THERAPY PRACTICE

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GOALS FOR CARERS

- Tune in to your teen's emotions
- Learn how to communicate more effectively with your teen
- Understand your teen's emotional experience better
- Help your teen manage difficult emotions
- Help prevent behavioural issues

PRACTICAL INFORMATION

The program runs over six, two-hour sessions.

Some people find the idea of group training a bit daunting.

Groups provide an opportunity to learn from the experiences of other people who are working on similar problems.