



Tuning in to Teens

Would you like to learn how to:

- Understand your teen's emotions and help manage them?
- Be aware and manage your own emotions when parenting?
- Develop skills to assist your teen to be resilient and problem solve?

This program provides a number of skills and strategies to help with everyday parenting challenges, based on emotionally tuned parenting.

Facilitated by ParentZone Northern and Headspace Plenty Valley.

DATE: Tuesday 22nd July – 26th August 2025

TIME: 1.00pm - 3.00pm

WHERE: Headspace Plenty Valley
Shop MM1, Westfield Plenty Valley
415 McDonalds Rd, Mill Park

COST: This program is free of charge, but registration is essential.

Booking and Enquiries:

ParentZone Northern (03) 8641 8900 or email
parentzone.northern@anglicarevic.org.au



PARENTZONE



Tuning in to Kids For Dads (online)

Would you like to learn how to:

- Understand your child's emotions and help them regulate
- Be aware of and manage your own emotions
- Build attachment and teaching through emotional experiences
- Develop skills to assist your child in problem solving

This program provides dads/male carers with skills and strategies to help with everyday parenting challenges based on emotionally attuned parenting.

DATE: Thursdays, 31st July - 4th September 2025

TIME: 6-8pm

WHERE: Online

COST: This program is free of charge but registration is essential

For Bookings and Enquiries contact:

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email: Parentzone.northern@anglicarevic.org.au



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