



# Tuning in to Teens

FedUni Community Psychology Services presents 'Tuning in to Teens', a 6-week, well-researched parenting program for parents and carers of 10–18 year olds.

**Thursdays 9:30am to 11:30am**

Join us every Thursday in Term 2 for 6 weeks from  
2 May to 6 June 2019 at

**FedUni Community Psychology Services**

Ground Floor, Gribble Building, SMB Campus, Lydiard Street South, Ballarat.

[federation.edu.au/psychologyservices](http://federation.edu.au/psychologyservices)

1800 FED UNI | [federation.edu.au](http://federation.edu.au)

CRICOS Provider No. 00103D | RTO 4909

**Federation**   
UNIVERSITY • AUSTRALIA



The cost is \$100 for the 6-week course.

Payment plans are available. Sessions can be funded through Medicare if eligible for a Mental Health Care Plan.

**Morning tea is provided.**

**Places are limited. Bookings are essential.**

For more information or to register contact

Kellie Wilson on **5327 8483** or email  
[psychology.services@federation.edu.au](mailto:psychology.services@federation.edu.au)

[federation.edu.au/psychologyservices](http://federation.edu.au/psychologyservices)

## FedUni Community Psychology Services

SMB Campus,  
Lydiard Street South, Ballarat.

**Individual consultations are also available.**

## Tuning in to Teens

You will learn:

- Yourself as a parent
- Teenage emotions and behaviour
- Connecting and communicating with teenagers
- Helping teenagers manage emotions
- Taking time out for you

