



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 4 for 6 weeks from 17 October to 21 November 2019 at

FedUni Community Psychology Services

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

federation.edu.au/psychologyservices

1800 FED UNI | federation.edu.au

CRICOS Provider No. 00103D | RTO 4909

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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

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

