



MIDVALE HUB

Midvale Hub Parenting Service Perth (North East)

Tuning in to Teens

Tuning in to Teens is a 6 session program for parents with children aged 11 to 18 years.

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The program provides parents with a greater understanding of their teen's emotional experiences. It also explores specific skills that help parents be supportive, empathic and stay connected with their teen. Learn more about:

- understanding teenage development
- supporting teens to manage difficult emotions
- promoting positive behaviour
- supporting teens to maintain friendships and deal with conflict.



MIDVALE HUB

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Shire of Mundaring Family and Children's Services

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