

# Tuning into Teens

## Expressions of Interest

**A workshop for parents, grandparents and caregivers.**

**Expressions of interest wanted for upcoming Tuning into Teens parenting 6 week workshop.**

Please contact us at headspace Murray Bridge to express your interest and let us know your availability.

To register your interest please email: [headspace@ireach.org.au](mailto:headspace@ireach.org.au) or call us on 8531 2122.

Parenting often feels like an emotional roller coaster that we are ill equipped to ride, particularly in the Teen years! But don't worry, you're not alone, and we're here to help.

The 'emotion coaching' tools from this Tuning into Teens program might just make the ride a little smoother, and ultimately support your relationship with your teen.