



Tuning in to Teens

Every Wednesday for 5 x weeks

FREE parenting group from 10am - 11:15am

Are you a parent who would like to improve:

- Communication with your teen?
- Understanding them?
- Helping them to manage their emotions?

Emotional intelligence skills allow teens to handle peer pressure, build strong friendships, deal with conflict, and cope with difficult emotions. These skills are important in setting your adolescent up for professional and social success, and empowering them to prioritise their mental health and well-being.

This five-week parenting workshop will guide you to create a strong emotional connection with your teen, which will help them develop strength, confidence and resilience.

12.08.2026
19.08.2026
26.08.2026
02.09.2026
Final session:
16.09.2026

Venue: The Cottage
28 Croydon Street,
Lakemba

To register, contact
Vicky Lim-Howe on
0434 423 757 or Romana Waseem
on 0412 270 811
alternatively, please email
vicky.lim-howe@metroassist.org.au