



Tuning in to Teens

6 week parenting program that supports you to help your adolescent develop emotional intelligence.



Term 1
2026

ONLINE

This 6 week program helps parents/ carers teach their teenage children (10-18 yrs) to understand, control and express their emotions in healthy ways.

The program offers tools to recognise, understand and respond to teenage emotions and help parents manage their own emotional responses.

The program will cover:

- Foundations of emotion coaching
- Connecting and emotional acceptance
- Building connection and showing empathy
- Dealing with teen worry, sadness & anger
- Emotion coaching now and in the future

REGISTER NOW 



We acknowledge and respect the Traditional knowledge holders and custodians of the land on which we work, the Darug and Gundungurra people.



Program details

Where: Online via ZOOM

When: Mondays
23rd Feb - 30th March
7:00pm - 8:30pm

Cost: FREE for residents of
Penrith & Blue Mtns LGA

Enquiries and registration:

Phone: 4720 6500

Email: groups@gatewayfamilyservices.org.au

Web: www.gatewayfamilyservices.org.au