

Media release



Street 171 Main St, Bairnsdale VIC 3875
Mail PO Box 677, Bairnsdale VIC 3875
Tel 03 5141 6200
headspace.org.au

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Tuning in to Teens free parenting program, starting in February 2019

Are you the parent or carer of a young person aged 12-25 years and interested in learning how to:

- understand what your teen is experiencing during this stage of their life?
- understand your teen's emotions?
- manage conflict and communicate more effectively with your teen?
- build on your skills as a parent?
- create a closer and more connected relationship with your teen?

We know that while parenting is a wonderful experience, it can also be challenging at times. **headspace** Bairnsdale invites parents and carers in the Gippsland area to participate in *Tuning in to Teens*, a free, six-session group parenting program where you can learn information and strategies to support your young person through their teenage years and help them to develop emotional intelligence.

Research indicates that increased emotional intelligence leads to better health, academic achievement, and stronger relationships!

headspace Bairnsdale Clinical Leader and *Tuning in to Teens* co-facilitator Jake Owen explains that the program promotes the ideas that "emotional intelligence is 'being smarter with feelings'. The skills of emotional intelligence are learned – and parents are the most important people to teach these important skills."

The benefits of developing these skills are endless. Young people with higher emotional intelligence are found to have more stable and satisfying relationships, are better able to deal with peer pressure, and cope positively when upset or angry. They also tend to have fewer mental health issues and substance abuse difficulties.

Tuning in to Teens provides parents with the opportunity to learn how to communicate with teenagers on a deeper, more gratifying level and how to help them successfully navigate the intricacies of relating to others by teaching them the skills of emotional intelligence. Teens respond quickly to these strategies, their self-confidence is strengthened, their curiosity is piqued, and they learn to assert their independence while developing their ability to make responsible choices.

headspace Bairnsdale is offering this group starting 28th February 2019, and invites you to contact us by calling (03) 5141 6200 or visiting www.headspace.org.au/Bairnsdale to register your interest and find out more.

headspace media contact:

Jo Huggins, Senior Manager Gippsland, Relationships Australia Victoria
Mob 0448 558 708