



**MANA AKE**  
STRONGER FOR TOMORROW



**Presbyterian  
Support**  
Upper South Island

# Tuning Into Teens

## DATE, TIME & LOCATION\*

**12 August–16 September (6 weeks)**  
**5.00pm–7.00pm**

**Presbyterian Support**  
**215 Tancred Street, Ashburton**

## REGISTRATION

**Please refer through**  
**[www.psuppersouth.org.nz](http://www.psuppersouth.org.nz) or visit**  
**Presbyterian Support to complete**  
**a referral form.**

**NB: Changes can occur depending**  
**on registration numbers.**

## COURSE DETAILS

**Parents and carers learn emotion**  
**coaching skills for use with young**  
**people aged 10-18 years.**

- » **Focus on developmental needs**  
**of teenagers**
- » **Integrates greater focus on**  
**acceptance and empathy**
- » **Improved parent/teen**  
**relationships and adolescent**  
**mental health**

*\* Spaces are limited, however, you can request to  
be placed on the waitlist*