



# Tuning in to Teens™

## DATE , TIME & LOCATION\*

20 February - 26 March - TBC  
10 am - 12 pm  
Presbyterian Support  
215 Tancred Street, Ashburton

## REGISTRATION

Please refer through  
[www.psuppersouth.org.nz](http://www.psuppersouth.org.nz) or email  
[midcant@psusi.org.nz](mailto:midcant@psusi.org.nz)

**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