



# Tuning Into Teens

## DATE , TIME & LOCATION\*

2 May-6 June (6 weeks)

10.00am-12noon

Presbyterian Support

215 Tancred Street, Ashburton

## REGISTRATION

Please refer through  
[www.psupsouth.org.nz](http://www.psupsouth.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