

Media Release



10 July 2018

Free course to help raise teenagers

Parents of young people are invited to join in a free series of lessons to develop ways to support their teenage children.

Tuning in to Teens is a six-session parenting program to help discover ways to communicate with and better understand children who are 12-17 years old.

“It is at home where social skills, behaviours and emotional intelligence are established that form the foundation of our community,” said Mayor Lara Symkowiak.

“We want to ensure that parents have the support that they need to be proactive in the lives of their children,” Cr Symkowiak said.

The program is offered by Uniting and provides parents with ways to: -

- Communicate with teens
- Understand your teenager
- Help your teen manage their emotions
- Prevent behaviour problems and deal with conflict
- Promote emotional intelligence in teenagers

The course will be held 10.30am-12.30pm each Monday from 6 August to 10 September at Narellan Library. Places are limited and bookings close Monday 30 July. Details are available on the library website: www.library.camden.nsw.gov.au.

Contact Uniting on 4629 5164 to book.

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Media Contact:

Caitlin Lewis
Media Officer
Camden Council
PO Box 183, CAMDEN NSW 2570
Phone: 4654 7823 Mobile: 0438 062 628
Email: caitlin.lewis@camden.nsw.gov.au