

# TUNING INTO TEENS PROGRAM

P A R E N T S

24<sup>th</sup> October 2023  
6 weeks to be held on-line,  
**6.30-8.00PM weekly**

Tuning into Teens parenting skills program, is for parents of transgender, non-binary and gender questioning teens/young people run by The Gender Centre via telehealth.

This is a six-week parenting skills program, two Gender Centre psychologists (Clinical Psychologist Dr James Morandini and Provisional Psychologist Natasha Bussoletti), one day/evening a week for two hours.

The program will empower parents on how to manage their own emotions and their adolescent's emotions in ways that help them to remain close, connected and communicating.

## **Course outline**

**Session 1: The foundations for Emotion Coaching teens**

**Session 2: Connection and Emotional Acceptance**

**Session 3: Building Connection and Showing Empathy**

**Session 4: Emotion Coaching Fear/Anger**

**Session 5: Emotion Coaching Now and in the Future**

**Session 6: Applying Emotion Coaching to Common struggles of trans, on binary and gender questioning teens**

**Places are limited to eight group starts 24<sup>th</sup> October 2023**

Please contact the centre to reserve your place on 9569-2366