



FREE DISCUSSION GROUP ON COPING WITH TEENAGERS' EMOTIONS!

Learn strategies to help teenagers better manage their emotions.

Teach teenagers how to effectively resolve problems that trigger emotional reactions and behaviours.

Understand the skills that teenagers need to be able to calm themselves down.

Get support from a trained psychologist.

Meet other parents of teenagers.

Is your teenager between 11 and 17 years old?

Do you want to know more about building supportive relationships with your teenager?

Would you like practical tips on dealing with emotional behaviour and how to encourage your teenager better manage their emotions?

Parents and their teenagers are invited to take part in new research exploring the role of supportive parenting in positive adolescent development.

Parents are also invited to participate in a free 2-hour discussion group based on the successful Teen Triple P (Positive Parenting Program).

To find out more on the project and to register your interest, please visit the project website

<https://exp.psy.uq.edu.au/parentingteens>

or contact the research team at

parentingteens@psy.uq.edu.au



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