



# Tuning into Teens™ at headspace

**Starting:** Thursday 7<sup>th</sup> May

Finishes on 11<sup>th</sup> June

6 week course – every Thursday

**Where:** headspace Bega

**Time:** 10am – 12pm

**Bookings essential**

Contact: headspace Reception

64948844

A FREE six session parenting program for parents and carers of young people.

Designed for parents of teens 12-25 years old

