

TALKING



TEENS



MONDAYS

6th June - 18th July 2022 (no session 27/6)

7.45 - 9.15pm

Our FREE 6 week course for parents and carers of children aged 12-19 will cover :

- The Teen Brain: Recognising the physical and emotional changes taking place during the teenage years and why their behaviour changes.
- The link between behaviour and communicating difficult feelings.
- How to maintain your relationship with good communication.
- Understanding risk taking behaviour around drugs, alcohol and gang culture.
- How to negotiate during a conflict situation.

NEW DATE ADDED due to high demand.

Delivered to you at home via Zoom.

'I have already changed my attitude towards my 12 turning 13 year old daughter by understanding her behaviour rather than being annoyed by it. The results have been quite remarkable.'

Pre-booking essential

To check eligibility and book a place, please contact Supporting Links on:

07512 709556

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk

QUOTING REFERENCE SL507

'Very well delivered and engaging sessions'



This course is provided free to parents by Hertfordshire County Council