

# TALKING TEENS



**WEDNESDAYS**  
**13th, 20th, 27th May,**  
**3rd, 10th & 17th June 2020**  
**8.00 - 9.00pm**

**Our FREE 6 week online 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.

'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.'

**AN ONLINE PARENTING  
COURSE DELIVERED TO  
YOUR HOME VIA ZOOM**



**Full details on how to  
access and use this  
will be given.**

**OPEN TO PARENTS AND  
CARERS ACROSS  
HERTFORDSHIRE**

**Pre-booking essential**

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

**07512 709556**

**[bookings@supportinglinks.co.uk](mailto:bookings@supportinglinks.co.uk)**

**[www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)**

**QUOTING REFERENCE SL381**



This course is provided free to parents by  
Hertfordshire County Council