

TALKING TEENS



TUESDAYS

**15th, 22nd, 29th September
and 6th, 13, 20th October 2020
8.00 - 9.15pm**



**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

www.supportinglinks.co.uk

QUOTING REFERENCE SL394



This course is provided free to parents by
Hertfordshire County Council