

TALKING TEENS



THURSDAYS
5th, 12th, 19th, 26th November and
3rd, 10th December 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 SL395



This course is provided free to parents by Hertfordshire County Council