

TALKING TEENS



Mondays 7.45 - 9.15pm Online Course ID: 804
05-Feb, 12-Feb, 26-Feb, 05-Mar, 12-Mar, 19-Mar 2026

Wednesdays 7.00 - 9.00pm F2F Course ID: 802
04-Feb, 11-Feb, 25-Feb, 04-Mar, 11-Mar, 18-Mar 2026
St Albans, venue tbc

Thursdays 7.45 - 9.15pm Online Course ID: 703
05-Feb, 12-Feb, 26-Feb, 05-Mar, 12-Mar, 19-Mar 2026

6, weekly sessions for parents of children aged 12-19, covering:

- **The Teen Brain, the physical and emotional changes and why their behaviour changes.**
- **The link between behaviour and difficult feelings.**
- **Maintaining your relationship with good communication.**
- **Understanding risk taking behaviour around drugs, alcohol and gang culture.**
- **How to communicate during a conflict situation.**

Groups are open to parents, carers, grandparents and guardians living, or with a child in school, in Hertfordshire.

We use Zoom for Online sessions

"Our home is no longer a battlefield. I am less stressed and my teenager speaks to me more. Thank you!"

Booking essential

Please quote the course ID
To check eligibility and book a place, contact Supporting Links on:

07512 709 556

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk