

# TALKING TEENS



**Tuesdays 7.45-9.15pm**  
5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> Jan  
2<sup>nd</sup>, 9<sup>th</sup> Feb 2021  
Course ID 418

**Thursdays 7.45-9.15pm**  
7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> Jan  
4<sup>th</sup>, 11<sup>th</sup> Feb 2021  
Course ID 416



**Mondays 7.45-9.15pm**  
22<sup>nd</sup> Feb, 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>,  
22<sup>nd</sup>, 29<sup>th</sup> Mar 2021  
Course ID 417

**Thursdays 7.45-9.15pm**  
25<sup>th</sup> Feb, 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>,  
25<sup>th</sup> Mar, 1<sup>st</sup> Apr 2021  
4<sup>th</sup>, 11<sup>th</sup> Feb 2021  
Course ID 415

## **Our FREE 6 week online courses 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.'

 **ONLINE PARENTING COURSES DELIVERED TO YOUR HOME VIA ZOOM**  
Full details on how to access and use Zoom will be given.  
**OPEN TO PARENTS AND CARERS ACROSS HERTFORDSHIRE**

**Pre-booking essential**  
**Please quote the Course ID**  
**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)**



This courses are provided free to parents by Hertfordshire County Council