

# TALKING TEENS



**Wednesdays 7.45 - 9.15pm** Online Course: ID 657  
**17th April - 22nd May 2024**

**Wednesdays 7.00-9.00pm** In Person Course: ID 658  
**5th June - 10th July 2024**

The Reddings Family Centre Harcourt Rd, Bushey WD23 3PE

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

- **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.**
- **Maintaining your relationship with good communication.**
- **Understanding risk taking behaviour around drugs, alcohol and gang culture.**
- **How to negotiate during a conflict situation.**

**Our online support sessions are delivered weekly via Zoom.**

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

**"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 709556**

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

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