

On-line Course Living with Teens

An 8 week course for all parents and carers of children aged 12yrs+

Start Date: Monday 13th May 2024

End Date: Monday 22nd July 2024

(8 sessions) (No session 27th May, 3rd June or 1st July 2024)

Time: 7.00 - 9.00pm

Venue: On-line via ZOOM

Cost: £104 or concession rate £40

For those on means tested benefits, with proof

Price is per parent/carers

HOPE

Helping Families to Live and Learn Together

As a parent and carer it can be exciting and satisfying seeing our children grow into unique individuals and also challenging as they navigate life as a teenager. This course can make being a parent of a Teenager that little bit easier.

Topics include:-

- Understanding and acknowledging the needs of Teenagers
- Understanding why Teens do what they do
- Defining boundaries and setting limits
- Conflict resolution
- Finding different ways to communicate effectively
- Peer pressure



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