

TALKING TEENS ONLINE



Wednesdays 7.45-9.15pm 7th Jun - 12th July 2023 ID: 582

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

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



**PARENTING COURSES
DELIVERED TO YOUR
HOME VIA ZOOM**

Full details on how to access and use Zoom will be offered.

**OPEN TO PARENTS AND
CARERS ACROSS
HERTFORDSHIRE**

**Pre-booking essential
Please quote the course ID
To check eligibility and book a place,
contact Supporting Links on:**

07512 709556

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk



These courses are provided free to parents by Hertfordshire County Council's Targeted Parenting Fund