

# TALKING TEENS



**Thursdays 7.45-9.15pm** 16th Sept-21st Oct, **Course ID 453**

**We are also offering a face to face course in Welwyn.  
Call for details!**

**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)**



These courses are provided free to parents by Hertfordshire County Council