



COURSES FOR Parents of Pre-teens and Teens



TALKING TEENS

Mondays 7.45 - 9.15pm ONLINE ID: 603

11th, 18th, 25th September, 2nd, 9th & 16th October 2023

Wednesdays 7.45 - 9.15pm ONLINE ID: 604

13th, 20th, 27th September, 4th, 11th & 18th October 2023

Tuesdays 7.45 - 9.15pm ONLINE ID: 605

31st October, 7th, 14th, 21st, 28th November & 5th December

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.



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

**OPEN TO PARENTS AND
CARERS ACROSS
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

www.supportinglinks.co.uk



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