

TALKING TEENS



Thursdays 7.45-9.15pm Online Course: ID 624
4th, 11th, 18th 25th January & 1st, 8th February 2024

Wednesdays 7.45 - 9.15pm Online Course: ID 625
7th, 14th, 28th February & 6th, 13th 20th March 2024

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

www.supportinglinks.co.uk