

TALKING TEENS



Wednesdays 7.00 - 9.00pm Face to Face: ID 707
26th February - 2nd April 2025
Gade Community Room, Oakleaf Primary School,
Hemel Hempstead, HP1 2JU

Tuesdays 7.45 - 9.15pm Online Course: ID 708
7th January - 11th February 2025
Delivered online using Zoom

**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 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.**

**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