

# TALKING



# TEENS



**MONDAYS**

**6th June - 11th July 2022**

**7.00 - 9.00pm**

**Our FREE 6 week course 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.

**6th Form Common Room  
The Ridgeway Academy**

**Herns Lane  
WELWYN GARDEN CITY  
AL7 2AF**

*'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.'*

**Pre-booking essential**

**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)**

**QUOTING REFERENCE SL507**

**'Very well delivered and engaging sessions'**



This course is provided free to parents by Hertfordshire County Council