

# TALKING TEENS



Delivered Online using Zoom

**Tuesdays 7.45 - 9.15pm**

**Course ID: 834**

**14-Apr, 21-Apr, 28-Apr, 05-May, 12-May, 19-May 2026**

**Wednesdays 7.45 - 9.15pm**

**Course ID: 835**

**03-Jun, 10-Jun, 17-Jun, 24-Jun, 01-Jul, 08-Jul 2026**

**6, weekly sessions for parents of children aged 12-19, covering:**

- **The Teen Brain, the physical and emotional changes 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 communicate 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 709 556**

**[bookings@supportinglinks.co.uk](mailto:bookings@supportinglinks.co.uk)**

**[www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)**

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