

TALKING TEENS



MONDAYS
15, 22 October and
5, 12, 19, 26 November 2018
6.30 - 8.30pm

Our FREE 6 week course for parents and carers of children aged 12-19 will cover :

- The Teen Brain: Understanding risk taking and experimenting.
- 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.
- Why arguments escalate and how to stop this happening.
- How to negotiate during a conflict situation.

'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.'

Sixth Form Common Room
Ridgeway Academy
(formerly Sir Fred's)
Herns Lane
Welwyn Garden City
AL7 2AF

'Very well delivered and engaging sessions'

Pre-booking essential
For further information, contact
Supporting Links on:

01442 300185

info@supportinglinks.co.uk
www.supportinglinks.co.uk



This course is provided free to parents by Hertfordshire County Council

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