

# TALKING TEENS



**MONDAYS**

**2nd, 9th, 16th, 23rd, 30th November  
and 7th December 2020  
8.00 - 9.15pm**



**Our FREE 6 week online 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.

**'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.'**

**AN ONLINE PARENTING  
COURSE DELIVERED TO  
YOUR HOME VIA ZOOM**



**Full details on how to  
access and use this  
will be given.**

**OPEN TO PARENTS AND  
CARERS ACROSS  
HERTFORDSHIRE**

**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 SL393**



This course is provided free to parents by  
Hertfordshire County Council