

# TALKING TEENS



**Thursday 7.45-9.15pm**  
**22nd, 29th April 6th,**  
**13th, 20th, 27 May**  
**Course ID 437**

**Monday 7.45-9.15pm**  
**7th, 14th, 21st, 28th**  
**June 5th, 12th July**  
**Course ID 438**

**Our FREE 6 week online courses  
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.'**



## **ONLINE PARENTING COURSES DELIVERED TO YOUR HOME VIA ZOOM**

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

**OPEN TO PARENTS AND  
CARERS ACROSS**

**Pre-booking essential**  
**Please quote the Course ID**  
**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)**



This courses are provided free to parents by  
Hertfordshire County Council