

TALKING TEENS



Wednesdays 7.00-9.00pm
5th June - 10th July 2024

The Reddings Family Centre Harcourt Rd, Bushey WD23 3PE
In Person Course: ID 658

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

- **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.**
- **Maintaining your relationship with good communication.**
- **Understanding risk taking behaviour around drugs, alcohol and gang culture.**
- **How to negotiate 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 709556

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk