

TALKING TEENS



WEDNESDAYS
12th, 19th and 26th June,
3rd, 10th and 17th July 2019
7.00 - 9.00pm

Our FREE 6 week 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.

THE COMMUNITY ROOM
ST ALBANS FIRE STATION
London Road
ST ALBANS AL1 1TQ

'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.'

Pre-booking essential

To check eligibility and book a place, please contact Supporting Links on:

07512 709556

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk

QUOTING REFERENCE SL322

'Very well delivered and engaging sessions'



This course is provided free to parents by Hertfordshire County

SL322