

TALKING TEENS



MONDAYS

**28th January 4th, 11th, 25th February
4th and 11th March 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.

'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.'

**HIGHFIELD COMMUNITY
CENTRE**

**Bellgate, Fletcher Way
HEMEL HEMPSTEAD
HP2 5SB**

'Very well delivered and engaging sessions'

Pre-booking essential

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

01442 300185

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk

QUOTING REFERENCE SL299



This course is provided free to parents by Hertfordshire County Council

SL299