

TALKING TEENS



Wednesdays 7.45-9.15pm 5th Jan-9th Feb Course ID 478

Mondays 7.45-9.15pm 21st Feb-28th Mar Course ID 478

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.**
- **Maintaining 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 offered.

OPEN TO PARENTS AND CARERS ACROSS HERTFORDSHIRE

Pre-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



These courses are provided free to parents by Hertfordshire County Council