

Time out for parents



The teenage years

Sessions for anyone parenting children aged 11 to 19

'Positive parenting time out for parents' courses from 'Care for the Family' provide common sense, jargon-free information and ideas to help you to engage with your children and boost your relationship.

If you have children aged 11 to 19, then Time out for parents' 'The Teenage Years' is for you. Over seven sessions, you'll increase your skills and confidence as a parent and discover practical tools to make your relationship with your teenage even better.



Starts Tuesday 25th February 2020

10.00am-12.00pm

Twickenham Training Centre, 53 Grimwood Road,
Twickenham, TW1 1BY (no parking available at the venue)

The sessions

Session 1	Temperament and emotional needs
Session 2	Why it's tough being a teenager
Session 3	Parenting styles
Session 4	Communication
Session 5	Handling Conflict
Session 6	The big issue
Session 7	Building strong families

For more information and to book a place, please contact - **Karen Williams**

T: 07771 974388

E: karen.williams@achievingforchildren.org.uk