

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 Monday 4th June

9.30am-11.30am

Whitton Youth Zone, 1 Britannia Lane, Whitton,
TW2 7JX (behind Barclays Bank)

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**

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