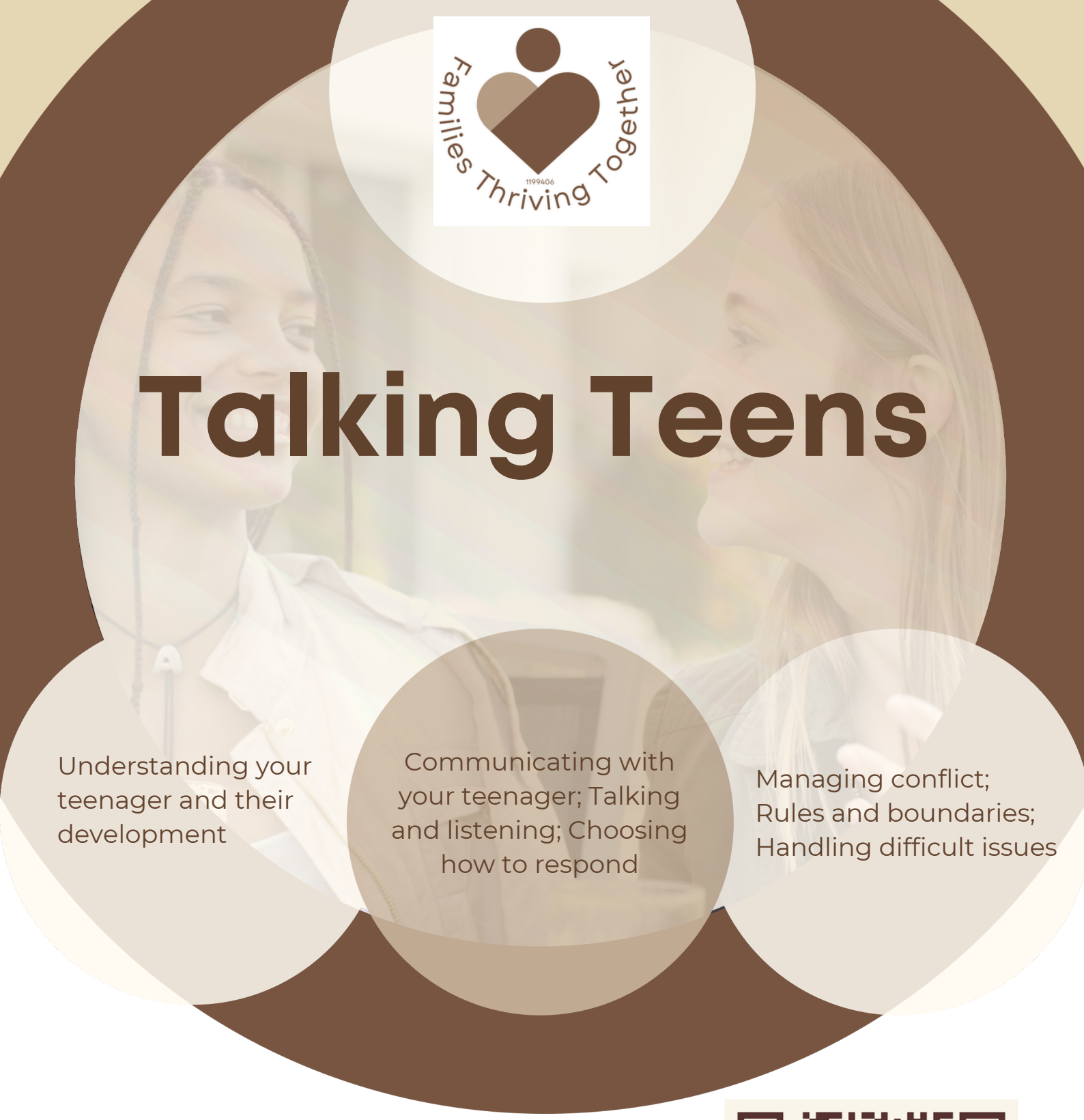


Talking Teens

Understanding your teenager and their development

Communicating with your teenager; Talking and listening; Choosing how to respond

Managing conflict; Rules and boundaries; Handling difficult issues

This 4 week programme is aimed at those parenting pre-teens & teenagers and helps to deal with challenges so you can have a calmer family life

Scan the QR code to find out more about our workshops and how they can fit around your busy life.

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