

Gaining Co-operation from our Teens

This workshop is for parents and carers with children aged 12yrs+

It can be exciting and satisfying bringing up a family and watching our children grow up into capable independent individuals, however it is not always without its challenges. We will discuss how to communicate so our Teens want to listen and how to listen so our Teens want to talk, and look at strategies to help us get to a place where we can enjoy positive times together.

Topics include:-

- Understanding the Parent- Teen relationship
- Getting to grips with the needs of the whole family
- Finding different ways to communicate to enhance the Parent - Teen relationship
- Tips and tools on how to gain co-operation
- How to enjoy positive times and less time trying to fight losing battles

Starting: Wednesday 29th June 2022

Time: 10.00-12.00pm

Venue: On-line Via Zoom

Cost: FREE

Please call **0208 863 7319 /07498881496** to book a place

Or Email: info@hopeharrow.org.uk

