

Understanding Teens

This workshop is for parents and carers of children aged 12 years+

It can be exciting and satisfying helping our children grow up to be capable independent young adults! It's not any easy journey and will certainly be challenging at times. Navigating the Teen years can be made a little easier if we understand why they do what they do and what might be behind the behaviours. Only then can we put strategies in place to correct unacceptable, often challenging disruptive behaviours.

Topics include:-

- Understanding why Teens do what they do
- Understanding and acknowledging the needs of Teens
- Effective communication to reduce power struggles
- Building positive relationship with our Teens - 'Connect before Correct'

Starting: Tuesday 14th 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

