

3 On-line Workshops

For all parents /carers of Teens aged 12+

- **Positive Discipline**
- **Setting Limits**
- **Reducing Screen time**

Dates and times All delivered on-line 7.00-9.00pm

Positive Discipline: Monday 5th October

Setting Limits defining Boundaries: Monday 12th October

How to reduce screen time: Monday 19th October

To enrol please email HOPE

info@hopeharrow.org.uk

Quoting Sacred Heart

Plus the names of the workshops you wish to attend.



0208 863 7319 or 07498881496



info@hopeharrow.org.uk

<http://www.hopeharrow.org.uk>

Charity Registration Number: 1091703



Helping Families to Live and Learn Together

As a parent or caregiver, watching our teenagers grow into confident, capable young adults can be an exciting and rewarding journey, while also bringing new opportunities to learn and adapt together. We will explore positive ways to support teenagers with respect, understanding and encouragement, while providing clear and consistent boundaries. Together, we'll build confidence, strengthen communication and nurture positive, lasting relationships.

Topics include:

Understanding Teenagers – Exploring what lies behind behaviour and gaining insight into teenagers' needs, emotions and development.

Warmth & Structure – Discovering ways to combine encouragement, connection and clear boundaries to help teenagers feel secure and supported.

Building Self-Esteem & Confidence – Exploring positive ways to recognise strengths, celebrate progress and nurture independence and resilience.

Encouraging Positive Relationships – Practical strategies to support positive behaviour, respectful communication and stronger relationships between parents, caregivers and teenagers.

