



The Secrets of Parenting Teens and Building Resilience

A FREE 6 week course for parents and carers of children aged 11+
Funded by Hertfordshire County Council Children's Services **NOW AVAILABLE ONLINE**



Topics covered include:

- ◆ Teen development and the teen brain
- ◆ Building resilience/self esteem
- ◆ Temperament and its effects on behaviour
- ◆ Dealing with challenging behaviour
- ◆ Improving communication and relationships
- ◆ What is anxiety and how it is displayed in young people
- ◆ Looking at wellbeing and anxiety of teens and the impact on the wider family
- ◆ Tools for managing anxiety and conflict
- ◆ Setting boundaries and managing house rules/parenting styles and strategies
- ◆ The power of empathy in connecting with young people
- ◆ Tools for emotional health and wellbeing

ONLINE SESSIONS

Date: Weds 27th Jan to 10th March
Time: 19.00pm to 21.00pm

Date: Mon 1st Feb to 15th March
Time: 19.00pm to 21.00pm

Date: Thurs 4th Feb to 18th March
Time: 19.00pm to 21.00pm

To book contact:

Vicky Knight (Course Manager)
Email: bookings@natural-flair.co.uk

Places are limited - Please call NOW on 01992 446 051 to secure your place on this popular course



Natural Flair