



## New Teen Parenting Workshops - Jan '23

Support your child's emotional wellbeing (and improve yours, too!)

# Understanding Teenagers

Following the success of our taster sessions with Helen from the Central Parenting Team, we are pleased to let you know about dates we have put in place starting in January 2023.

**Thursday 19<sup>th</sup> and 26<sup>th</sup> Jan also 2<sup>nd</sup> and 9<sup>th</sup> Feb at either 9:30am – 11:00am  
OR 6:30pm – 8:00pm, in the school conference room.**

**The focus of these sessions will be around supporting the understanding of teenage worries and anxieties. Ideas will be shared for strategies to support your child, and yourself also!**

Tea and coffee will be available. To help with planning please let us know you are wanting to come along using this QR code:



For more info, please contact:  
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