



Talking Teens

Day: Monday 9th May 2022 Time: 17:30-19:30

Venue: Southcourt Family Centre HP21 8PD

Talking Teens is a 5-week course with focus on relationships within the family, communication, negotiating, decision-making and strategies to reduce conflict.

The programme, developed with Dr John Coleman, to increase parents' understanding of teenagers' feelings and behaviour, and deliver key strategies for maintaining and improving relationships. The programme is geared to looking at each young person's and family's individual circumstance so also suitable for teenagers with SEN.

Session	Content
Session 1- 9 th May	Being a parent of a teenager.
Session 2- 16 th May	Understanding your teenager.
Session 3- 23 rd May	Communicating.
Session 4- 6 th June	Managing Conflict.
Session 5- 13 th June	Reflection.