

# Understanding Your Teenager

## A 2-hour virtual workshop for parents and carers in Warwickshire

Available on:

Being a parent/carer of a Teenager can be hard at times. The aim of these workshops is to enhance Parent / carer relationships with their teenagers and to gain more of an understanding around the changes involved in the transition to adolescence.

The titles of these workshops will be as follows:

10.06.21 (Week 1): What to expect from your teenager

17.06.21 (Week 2): Understanding your teenager

24.06.21 (Week 3): Communicating with your teenager

01.07.21 (Week 4): Enjoying your teenager and empowering them

To check availability and book a place, please follow the link below

<https://www.eventbrite.co.uk/d/online/warwickshire-children-and-families/>

