



Talking Teens

**FREE
Parent
Group**

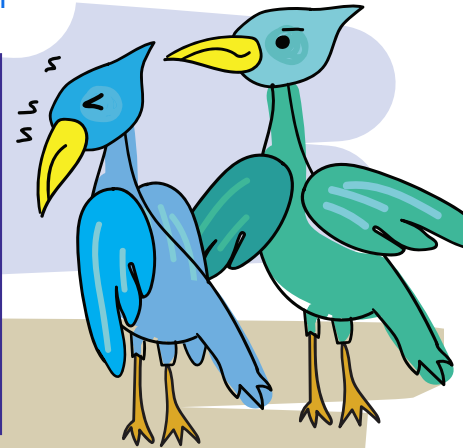
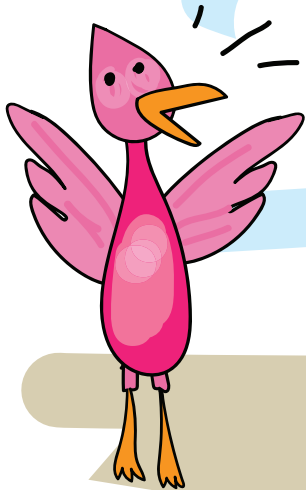
Support for parents of teenagers

Toxteth Library Windsor St, Liverpool, England, L8 1XF
Contact Katherine on 07561 807002 or Leanne on
07885 610854 to book your place.

Programme dates -

Tuesday 13th January – Registration
Tuesday 20th January – Week 1
Tuesday 27th January – Week 2
Tuesday 3rd February – Week 3
Tuesday 10th February – Week 4

Times: 10:30am - 12:30pm



Being a parent of a teenager can be both rewarding and challenging. Talking Teens is a friendly, practical programme designed to help you manage the ups and downs of parenting teens — so you can enjoy a calmer, happier family life.

Over five sessions, we'll explore questions like:

- How can I stop my child always getting the last word?
- Why do they sleep in so late?
- Can I help them argue less?
- Why don't they want to talk about their feelings?

What to expect:

- A relaxed group of 8–10 parents
- Led by two trained parent group leaders
- Refreshments provided
- Come on your own, with a partner or friend

