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Thursday Mornings

Course of 4 weeks

5th March – 26th March

9:30am- 11:30am

Talking Teens Parent Group

Test Valley Family Support Service

What is Talking Teens?

Teenagers are rewarding, stimulating and fun, but being a parent of one can be stressful and challenging.

The Talking Teens Parent Group helps deal with those challenges so you can have a calmer, happier family life.

A tried and tested Programme, it helps us think about what we do, why we do it and how it makes us feel and looks

Session 1- Being a parent of a teenager

The role of parents for teenagers

Responding to difficult feelings

Session 2- Understanding your teenager

Understanding teenage development

Parenting styles, praise and criticism

Session 3-Communicating with your teenager

Talking and listening, communicating clearly, Handling difficult issues

Session 4- Managing conflict, rules and boundaries, choosing how to respond, problem solving

* There are four 2-hour sessions over four weeks
* Informal café style with refreshments
* 10-16 parents are invited and there are two Family Links trained Group leaders
* Partners are welcome and it’s also fine to come on your own or with another relative or friend
* You’ll get the most out of the Programme if you come to all four sessions.

Spring Meadow centre

Smannell road

Andover

SP116JP

How the Talking Teens Parent Group has helped other parents

“I realised that you’re really needed as a parent even if your teenager behaves otherwise”

“I’m doing a better job than I thought I was”

“It has been really interesting and informative, both leaders great and lovely approach, felt very relaxed”.









To sign up or make a referral;

Email

[testvalley.earlyhelp@hants.gov.uk](mailto:testvalley.earlyhelp@hants.gov.uk)

Or call

(01962) 846363 Monday- Friday

Refreshments available at 9:15am for a 9:30am start