

Family Hub

Living with Teenagers



9-week course For parents and carers of young people aged 11 - 16 years

Bring up happy and self-confident young people. The course content includes exploring what it is like to be a teenager today, parental wellbeing, listening and communication. expressing and acknowledging feelings, and discipline.

Ashby Centre Family Hub

Date: 2 Oct – 4 Dec

Time: 7 – 9pm

No Creche Available

Clovelly Family Hub

Date: 4 Oct – 6 Dec

Time: 9.30 – 11.30am

Creche Available

To book your place please email:

Familyhub@southampton.gov.uk

For more information please contact:

Amy Reid – EPEC Hub Co-ordinator on
07920 088 499



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