

# 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.

### **Clovelly Family Hub**

2 October – 4 December  
12.30 – 2.30pm  
No Creche Available

**To book your place visit:**

**[soton.cc/familyhub-parentingreferral](http://soton.cc/familyhub-parentingreferral)**

For more information please contact:

**[Familyhub@southampton.gov.uk](mailto:Familyhub@southampton.gov.uk)**



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[www.soton.cc/familyhub](http://www.soton.cc/familyhub)

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## LOCATIONS

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60-68 Clovelly Road  
Southampton, SO14 0AU  
023 8033 1635

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