

ADULT LEARNING



Raising Teens with Confidence

Wednesday Lunchtime for 6 weeks
Starting 31st August 2022, 12.30-2.00pm Online



The course aims to help adults understand how they can best support their teenage children, focusing on mental health and emotional wellbeing to;

- navigate increasing independence
- develop confidence, security and resilience
- promote and benefit from emotional wellbeing.

This includes adolescent brain development, risk taking behaviour, importance of communication and the effects of stress

To sign up visit our [Eventbrite page](#) or call/text

07786668824