

Talking Teens



Understand the teenage brain, improve communication, and set healthy boundaries

The teenage years bring exciting milestones alongside unique challenges. Talking Teens is a four-session accredited programme for parents and carers of teenagers, focusing on understanding adolescent brain development. We explore how to break down communication walls, manage conflict calmly, and set consistent, healthy boundaries. Suggested donation of £5 for a copy of the Understanding Teenagers booklet that accompanies the course.

Created by The Centre for Emotional Health

Monday 28th September – 19th October

9.30am – 11.30am

**Powerstation Youth Centre, 121a Mortlake High Street,
SW14 8SN**

To book your place on to this course, please scan the **QR code** or visit <https://forms.gle/zd9v3NCdkXen7x6Q8>.

To find out more, contact Tom Maybey, Richmond Parenting Lead.
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