

PARENTING TWEENS & TEENS

A Survival Guide

Starting on 2nd November 2021 for 6 weeks
18.30 - 20.00



Funded by:



Are you struggling to manage your child's behaviour and issues?

Are you worried about how this is affecting relationships in your family?

And how it's affecting you?

Being a parent to your child when they hit the teen years is hard!

This 6 week programme will help you to understand and navigate the teenage years from hormones, to school life, relationships and family life.

Schedule

Week One: Development – understanding your child

Week Two: Communication and relationships – building strong connections and positive relationships.

Week Three: Connection and looking after yourself – being present and working with feelings and emotions

Week Four: Behaviour – boundaries and consequences.

Week Five: Trouble Shooting

Week Six: Putting it all together so you feel positive about yourself and confident in your parenting.



Introducing Jenny

I work with you to form and manage positive, healthy relationships with the people who are most important to you.

I am a fully qualified counsellor and have worked with children, young people and their families for over ten years. I worked in youth and family services in Melbourne and as a school counsellor in East Sussex providing counselling and support to children, young people and their families

The clients I work with have complex and multiple needs such as trauma, grief and loss, relationship and family issues. They have experienced separation and divorce, family violence, emotional and sexual abuse, behavioural problems in children and adolescents and managing life with a mental illness.

I have developed and designed this parenting programme with Holding Space to engage and help local families and parents.