

Raising Teens with Confidence

A six session course for parents and carers of 11–16 year olds



Wednesday 21st April – 25th May 2021
Teams Online
9.30am-11am

Topics covered:

- | | |
|--|----------------------|
| 1. Introduction - Why What You Do Matters! | 21 st Apr |
| 2. The Amazing Teenage Brain - What's Going on in There? | 28 th Apr |
| 3. Risky Business - Managing Adventure, Risk and Resilience | 5 th May |
| 4. It's Good to Talk - The Importance of Staying Connected | 12 th May |
| 5. The Brain Under Stress - Looking at the Brain Under Stress | 19 th May |
| 6. Looking After Your Own Wellbeing - Coping with the Changes | 26 th May |

To book your place, please contact:

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Wednesday 21st April – 25th May 2021
Teams Online
6pm-7.30pm

Topics covered:

- | | |
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