

On-line Living with Teens Workshops

Workshops for all parents and carers of children 12yrs+

All workshops are 7.00-9.00pm on-line via Zoom

1. **Wednesday 12th February 2025 – Increasing Desirable Behaviours – maintaining a Positive Relationship**
2. **Wednesday 26th February 2025 - Setting limits, Defining Boundaries**
3. **Wednesday 5th March 2025 - Nurturing problem solving skills and the art of negotiation to enhance relationships and support effective compromise.**
4. **Wednesday 12th March 2025 – Understanding the Teenage brain and why they do what they do.**
5. **Wednesday 19th March 2025 – The Power of Communication to gain Co-operation**

HOPE

Helping Families to Live and Learn Together

As a parent and carer it can be exciting and satisfying seeing our children grow into unique individuals and also challenging as they navigate life as a teenager. These workshops are self-contained, allowing you the flexibility to attend as many as you find beneficial. They are designed to empower you as parents and caregivers, offering practical strategies to enhance your existing parenting toolkit. Our goal is to assist you in nurturing confident, happy and cooperative Teens, thereby making the journey of parenting a touch easier.



Fee £14.00 per parent per workshop or £5.00 concession (with proof)

To enquire please email info@hopeharrow.org.uk

To enrol please visit www.learnharrow.ac.uk



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[http://](http://www.hopeharrow.org.uk)

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