

# TALKING TEENS



**Wednesdays 7.45 - 9.15pm Course ID: 865**  
**16-Sep, 23-Sep, 30-Sep, 07-Oct, 14-Oct, 21-Oct 2026**

**Wednesdays 7.45 - 9.15pm Course ID: 866**  
**04-Nov, 11-Nov, 18-Nov, 25-Nov, 02-Dec, 09-Dec 2026**

**Courses delivered online via Zoom**

**6, weekly sessions for parents of children aged 12-19, covering:**

- **The Teen Brain, the physical and emotional changes and why their behaviour changes.**
- **The link between behaviour and difficult feelings.**
- **Maintaining your relationship with good communication.**
- **Understanding risk taking behaviour around drugs, alcohol and gang culture.**
- **How to communicate during a conflict situation.**

Groups are open to parents, carers, grandparents and guardians living, or with a child in school, in Hertfordshire.

**"Our home is no longer a battlefield. I am less stressed and my teenager speaks to me more. Thank you!"**

**Booking essential**  
**Please quote the course ID**  
To check eligibility and book a place, contact Supporting Links on:

**07512 709 556**

**[bookings@supportinglinks.co.uk](mailto:bookings@supportinglinks.co.uk)**

**[www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)**

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Hertfordshire  
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