

# PARENTING TWEENS & TEENS

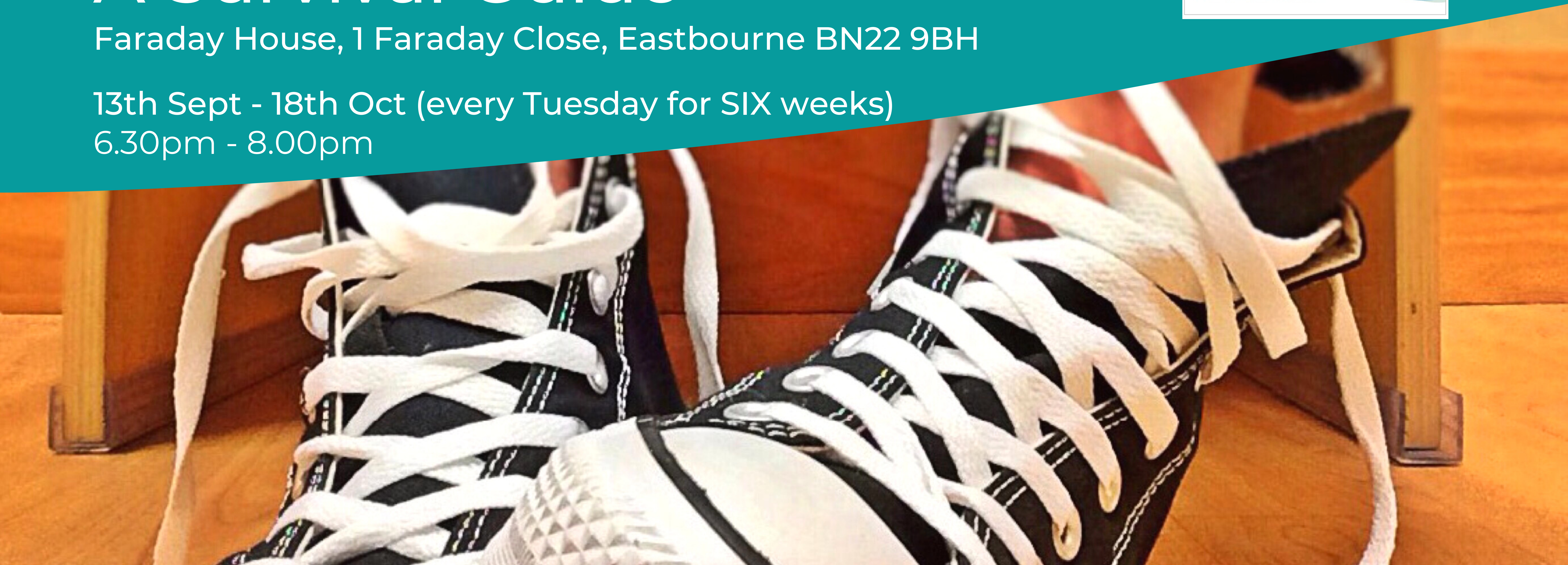
## A Survival Guide

Faraday House, 1 Faraday Close, Eastbourne BN22 9BH

13th Sept - 18th Oct (every Tuesday for SIX weeks)  
6.30pm - 8.00pm



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: Building Strong Connections.

Week Two: Development - Understand Your Tween or Teen.

Week Three: How To Get Along With Each Other

Week Four: Boundaries and Consequences

Week Five: Trouble Shooting

Week Six: Putting It All Together

If you are in receipt of benefits please contact us as we may be able to offer you additional support.



### Introducing Jenny

I am a fully qualified counsellor and have worked with children, young people and their families for over ten years. I have developed and designed this parenting programme with Holding Space to engage and support local families and parents.

I have worked in youth and family services in Melbourne and as a counsellor in educational settings in East Sussex providing counselling 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 and abuse, behavioural problems in children and adolescents and managing life with a mental illness.

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