

Understanding Your Teen's Behaviour workshop



WORCESTERSHIRE
FAMILY HUBS

Free online 2 hour workshop

Tuesday 23rd September 6 - 8pm



Would you like to know more about your Teens development and better understand their behaviour?

We all know being a parent can be one of the most challenging and rewarding roles you will ever take on as an adult, and sometimes we could all use a little extra help.

This relaxed and fun digital group will help you to explore topics like:

- Teen brain development
- Communication
- Sleep patterns
- Understanding teen behaviour

To book, please scan the QR code



Suitable for families with children aged 11 to 19 years

worcestershire.gov.uk/FamilyHubs



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