

Understanding and Supporting Your Teenager

A **free** 6-week course for parents of teenagers



What is going on in your teenager's head?!

This course will help you better understand your teenager, covering;

- How to communicate, stepped boundaries ,social media
- Safeguarding your children and talking to them about it.
- Diet and hygiene (Sport and leisure activities for teenagers in the local area)
- Sex and relationships (cultural differences)

every Thursday 10:00 –12:00

31st Jan. to 14th March 2019

(half term 21.2.18)

**EYFS &KS1 training room,
1 Liddell Place, London, NW6 2DJ**

experience
outstanding
learning

For more information or to book a
place, Contact Homa on 020 7624 5379

