



Parent Support Group

Are you a parent?

Are you overwhelmed by your teenager's behaviour?

Don't know how to cope?

Are you challenged by your teenager's behaviour?

Are you confused about how to respond to their behaviour?

A FREE workshop for parents of teenagers

Understanding teenage behaviours: A practical workshop

Guest Speaker: Consultant Clinical Psychologist David Cotson

Come along and participate in a Question and Answer session with David!

A family support worker will be on hand to provide practical advice and guidance on how to work through challenges you face with your teenagers.

Meet other parents and make friends!

Where and When

Centenary room

Redbourn Village Hall

Friday 21st February 2020

9.30-12.30

Light refreshments will be provided

This project is
funded by

