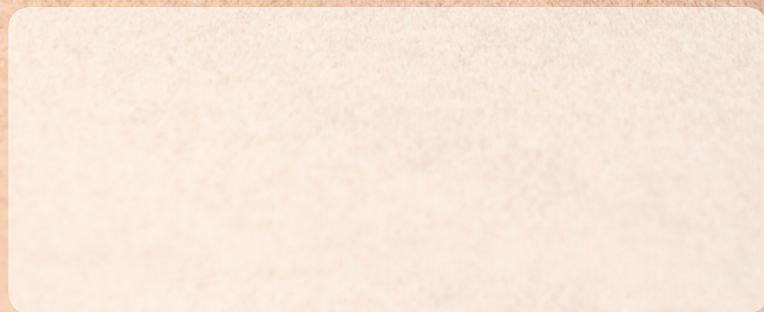


A woven basket filled with various pieces of teenage clothing, including a purple sweater, a green long-sleeved shirt, a red t-shirt, a plaid shirt, and a pair of blue jeans. A grey sneaker is visible on the right side of the basket.

A great new course that
covers vital topics for
parents of teenagers

Parentalk

THE TEENAGE YEARS



www.careforthefamily.org.uk



Parentalk

THE TEENAGE YEARS

Parentalk – The Teenage Years from Care for the Family is a DVD-based course providing common sense, jargon-free information and ideas to help you to engage with your children and boost your relationship.

If you have children aged 11 to 19, then *Parentalk – The Teenage Years* is for you. Over six sessions you'll increase your skills and confidence as a parent and discover practical tools to make your relationship with your teenager even better.



The sessions

- Session 1:** Understanding your teenager
- Session 2:** Staying connected
- Session 3:** Identity
- Session 4:** Communication and conflict
- Session 5:** Big pressures ... good choices
- Session 6:** Letting go



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