**Building resilience, staying connected and nurturing your relationship with your teen**

Date: Monday 28th November

Time: 5-6pm

Venue: Virtual via Zoom

Adolescence is a time of insecurity, strong feelings and growing autonomy which naturally affects the parent-child relationship and requires parents to find new ways of connecting with their teenagers. Parents may feel left out and worried, and they may experience a sense of loss over the relationship they used to have with their children when they were younger. This webinar offers ideas on how to maintain and build trust with teenagers, how to stay connected and how to nurture the relationship with their teen. Places on this webinar won’t be limited and there will be an opportunity to ask questions at the end.

***Register in advance for this meeting:***

<https://annafreud.zoom.us/meeting/register/tJAlfu2hrjsrHNL8A2RMhbU6PrBGZfZAevP0>

*After registering, you will receive a confirmation email containing information about joining the meeting.*