

Time Out for Parents The Teenage Years

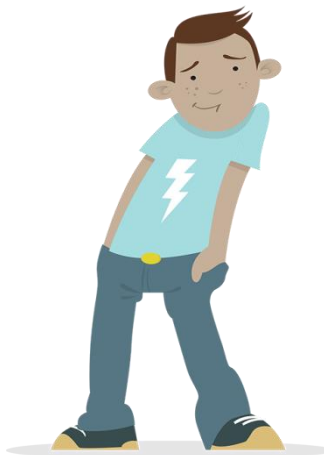
What? A seven-session course for parents of 11-16 year olds

When? Thursday evenings: Oct 4, 11, 18; Nov 8, 15, 22, 29
(no sessions on 25th Oct or 1st Nov – mid-course break)

Where? St John's Church Centre, Fleet Road, Hartley Wintney

Time? 7.30 to 9.30pm – sign in and coffee from 7.15pm

*This course is led by trained and licensed facilitators **Ken & June Shorey***



There is no charge for attending. Participants are invited to make a voluntary contribution to cover the costs and we suggest £25 per parent or £45 for a couple. This includes a copy of the course handbook (otherwise charged at £7.50). Tax payers can Gift Aid their contributions. Those who can't afford it can pay less or come for free without embarrassment.

To book a place (or for further details)

email ken@parenting.org.uk

or telephone 01252 843803



Time Out for Parents The Teenage Years

**A 7-session course for parents of 11-16 year olds
on Thursday evenings starting 4th October 2018
at St John's Church Centre, Hartley Wintney**



- The goal of parenting
- Temperament and emotional needs
- Love languages
- Why it's tough being a teenager
- Identity and independence
- Staying connected
- Peer pressure and self-esteem
- Parenting styles – assertive parenting
- Consistency
- House rules and family meetings
- Communication
- Body language, listening, empathy
- Conflict and negotiation
- Choosing your battles
- Consequences and sanctions
- The big issues – sex, drugs and money
- Online safety and pornography
- Building strong families
- Hidden goals behind behaviour
- Values and traditions

Book by email to ken@parenting.org.uk giving a contact phone number
Positive Parenting is part of **Care for the Family**, a registered charity (number 1066905)

Positive Parenting courses are designed for parents of all faiths and none.

Courses at St John's are open to all as part of the church's service to the community.