

# Supporting Parents of Teenagers

An 8 week Parenting Programme to help raise parent's confidence and self-esteem, increase knowledge and understanding of their teenagers and help to develop skills and strategies in response to their teenagers.



## Billingham Family Hub

**Thursday 9 January**

9.30-11.30am

**Tuesday 14 January**

5.30-7.30pm

**Thursday 5 March**

9.30-11.30am

**Tuesday 10 March**

5.30-7.30pm

**Thursday 30 April**

9.30-11.30am

**Tuesday 5 May**

5.30-7.30pm

**Thursday 25 June**

9.30-11.30am

**Tuesday 30 June**

5.30—7.30pm

## Thornaby Family Hub

**Friday 10 January**

9.30-11.30am

**Tuesday 21 January**

5.30-7.30pm

**Friday 6 March**

9.30-11.30am

**Tuesday 17 March**

5.30-7.30pm

**Friday 15 May**

9.30-11.30am

**Tuesday 12 May**

5.30-7.30pm

## Stockton Family Hub

**Monday 6 January**

5.30-7.30pm

**Thursday 16 January**

1-3pm

**Thursday 12 March**

1-3pm

**Thursday 7 May**

1-3pm

**Monday 18 May**

5.30-7.30pm

**Thursday 2 July**

1-3pm

## Redhill Family Hub

**Thursday 9 January**

5.30-7.30pm

**Monday 10 February**

1-3pm

**Thursday 5 March**

5.30-7.30pm

**Monday 6 April**

1-3pm

**Thursday 30 April**

5.30-7.30pm

**Monday 15 June**

1-3pm

**Thursday 25 June**

5.30-7.30pm

For referrals, professionals must complete an Involvement Form and send it to [parenting@stockton.gov.uk](mailto:parenting@stockton.gov.uk). If you are a family and would like to attend, please contact your local family hub on the number below, or find them on Facebook.

Redhill: 01642 528914 - Stockton: 01642 528848 - Billingham: 01642 528912 - Thornaby: 01642 528947