

Being a parent
is such a tough job...

We've all said it,

But who's
listening?

We are!

'Living with Teenagers' 6-week digital zoom programme.



families are at the heart of us •

A **Living with Teenagers** group is a safe, friendly and relaxed course for parents experiencing behaviour and communication difficulties with their teenagers. The group aims to recognise that you are the real experts on your own teenager, whilst giving you the opportunity to share your experiences with other parents. We aim to support you in developing your skills in coping with, and managing your teenager's behaviour.

Contact Henry Charles : 07743 321319

Stay in-touch
cffcharity.org.uk
centre@cffcharity.org.uk
0116 2234254
facebook.com/funandfamilies
twitter.com/funandfamilies

Your free local group for parents and carers
in Leicester, Leicestershire & Rutland.

Venue : Via Zoom.

Time : 6:30pm - 7.30pm

Dates :

1. Thursday 25th February 2021

2. Thursday 4th March 2021

3. Thursday 11th March 2021

4. Thursday 18th March 2021

5. Thursday 25th March 2021

x2 week gap (no group during Easter school break).

6. Thursday 15th April 2021

(follow up discussion/reflection session).