

19 September 2023

The Family Centre in Merstham, The Red Oak, is running a 4-week evening course focusing on Understanding your Teenager, which starts this Thursday 21 September (7.30pm - 9.30pm). The course costs only £15 for all four sessions.

If you are interested, contact The Red Oak on 01737 645908 or email info@theredoak.org.uk



Talking Teens

A guide to understanding teenagers!



A 4-week course suitable for parents and carers of children in school year 5 and upwards!

<p style="text-align: center;">What is covered?</p> <ul style="list-style-type: none"> ➤ Being a parent of a teenager ➤ The role of parents ➤ Responding to difficult feelings ➤ Understanding teenage development ➤ Parenting styles ➤ Praise and criticism ➤ Communicating, talking and listening ➤ Communicating clearly ➤ Handling difficult issues ➤ Managing conflict ➤ Rules and boundaries ➤ Choosing how to respond ➤ Problem solving 	<p style="text-align: center;">What are the benefits of this programme?</p> <ul style="list-style-type: none"> ➤ Increase your understanding of teenage development. ➤ Learn and improve practical strategies in areas such as setting boundaries. ➤ A great opportunity to meet other parents going through the same problems and share your wealth of experiences. ➤ Promotes healthy physical and mental development in both parent and teen. ➤ Improve communication skills which can help build stronger bonds with your teen which can improve your home life environment.
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Where:
The Red Oak Family Centre, Radstock Way, Merstham, Redhill, Surrey RH1 3NH

When:

Thursday 21st September 2023
Thursday 28th September 2023
Thursday 5th October 2023
Thursday 12th October 2023

At: 7.30pm - 9.30pm
Cost: £15.00
(payable on booking, CASH or BACS only)
To book your place on the course, please contact The Red Oak Family Centre on 01737 645908 or email info@theredoak.org.uk

