



Hart and Rushmoor Family Support Service

Are you a parent/carer of a teenager aged 12-19 years who needs support with understanding your child's emotions and managing behaviour?

Family Links Talking Teens could be the help you need!

This is a 4 week **free course** which provides strategies which will help enable you to:

- Maintain boundaries, motivation and support for young people in an emotionally healthy context.
- Guidance on the foundations of positive parenting such as providing warmth and structure
- Give you an understanding of the teenage brain and how to deal with sleeping habits , handling difficult issues such as drugs & alcohol, social media, sex, sexuality , staying safe and boundaries and problem-solving.

If you are interested in attending this course, please speak to any professional linked to your family such as a health visitor, midwife, teacher, social worker etc. who can nominate you to the programme

The team at the Family Support Service look forward to meeting you.