



PARENTING TEENAGERS COURSE

Relate understands that watching children grow is rewarding, parenting whilst they develop their own opinions and test out their independence is a challenge for any parent or carer. The Big Lottery is funding Relate Bournemouth to deliver 3 x 6 week courses that will focus on helping parents manage conflict and improve communication with their teenagers. The course aims to help parents identify their parenting skills and negotiate boundaries and raise awareness of support networks.

Courses will be run June, September and November 2015, please call 01202 311231 for the next course dates

Course Times: 6.30pm – 9.00pm

Location: Relate Bournemouth, 1 Stratfield Saye, 20-22 Wellington Road, Bournemouth, Dorset, BH8 8JN

Tutor: Sue Duncan

Workshop Objectives

- Support and understanding for the parent
- Understand the pressures teenagers face
- Breaking unproductive parental habits
- Build on existing parent/carer skills
- Manage conflict better between parent/carer and their teenager
- Understand the importance of setting and negotiating boundaries.
- Help with building better relationships between parent/carer and their teenager