

Talking Teens

Your guide to understanding teens



Pathways Family Hub

Thursdays 7th, 14th, 21st, 28th November
9:30-11:30 a.m.

The latest research shows that adolescence can begin around 10 years and may continue up to 25 years! So, if you think your 10-year-old already acts like a teenager that's probably because the changes in the brain that take place during adolescence may have already started!

Learn how to navigate this trick time with our new 4-week programme available for all parents and carers of teenagers in Coventry, covering:

- ✓ The teenage brain
- ✓ Communication
- ✓ Maintaining relationships
- ✓ Managing conflict
- ✓ Addressing difficult issues

To book visit

www.coventry.gov.uk/parenting

