

# Talking Teens

## Your guide to understanding teens



Starting 15th January 2025 for 4 weeks  
Virtual 9:30-11:30a.m.  
Microsoft Teams

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 tricky 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](http://www.coventry.gov.uk/parenting)



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4 weekly sessions starting 27th February  
5-7p.m.  
Mosaic Family Hub

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