

Free

Living with parents

A one day workshop

A fun and interactive programme that brings parents/carers and their teenager together

The Living with Parents workshop has been designed as an informal and interactive session that parents/carers do together with their teenager.

The workshop aims to:

- Improve communication
- Improve relationships
- Reduce conflict in the home



Further information

Date: Friday 10th March 2023 – 9:30 – 14:30

Venue: Saltash Family Hub, Callington Road, Saltash – PL12 6DX

Contact: benn.clarke@cornwall.gov.uk or 07805 139539 or request a place directly through www.cornwall.gov.uk/earlyhelphub

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Course Description



Free

Living with Parents is an evidence based one day group workshop adaptable to a wide range of parents/carers and young people aged 13-16 years.

It is facilitated by members of the Youth Work and Parenting teams and we make it an interesting and fun day.

The aim is to improve communication and relationships and reduce conflict within the home. The session runs from 9.30 to 14.30 with young people and their parents at the same venue, sometimes working as a single group, or separate groups and in pairs.

The Programme Covers :-

- Interactive activities
- Guided discussion
- Discussing effective communication
- Relationship building
- Boundary setting

Schools will agree the day as an authorised absence. Refreshments and lunch are provided.

Contact details for the Parenting Worker leading on this session are on the front of this flyer if you would like more information.