

Parenting a young person aged 12-19



Parents Plus Adolescents Programme

A virtual 9-week workshop delivered weekly, over Microsoft Teams. Each session is 2-hours in length.

This is an evidence-based workshop that covers topics such as:

- Understanding teenagers
- Pressing the pause button
- Getting to know your teenager
- Establishing rules with teenagers
- Connecting with your teenager
- Communicating rules positively
- The power of encouragement
- Using consequences
- Active listening
- Creating a discipline plan
- Empowering teenagers
- Dealing with conflict and aggression
- Problem solving with teenagers
- Establishing routines
- Family problem solving
- Parent self-care

When?

- Mondays from 18:00-20:00, starting 9th September 2024
- Tuesdays from 12:30-14:30, starting 24th September 2024
- Thursdays from 9.30-11:30, starting 10th October 2024



To book scan the QR code or visit:
[Parenting Young People aged 12 - 18](https://parentingyoungpeople.cornwall.gov.uk)
(office365.com)

Contact us:

Email: parenting@cornwall.gov.uk
Website: www.cornwall.gov.uk/parenting