

**Free
course**

For mums, dads
grandparents
and carers of
teenagers

Take 3

Support for parents and carers of challenging teenagers

**An informal and friendly
course, run over 10 sessions**

Whether you have current worries about your teenager or would just like to understand your child better, this course will have something for you.

The course covers:

- Putting in rules and boundaries that work
- Encouraging and supporting young people
- Helping parents look after themselves



Further information:

Saltash Childrens Centre, Tuesdays 13:00 – 15:00
from 25th April – 4th July (not on 30th May half term)

For more details & to book a place, please contact:

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