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**Time Out for Parents**

**The Teenage Years**

**What?** A seven-session course for parents of 11-16 year olds

**When?** Monday evenings: May 13, 20; June 3, 10, 17, 24; July 1

 (no session on May 27th – half-term/bank holiday)

**Where?** HOOK – Life Church Centre, Elms Road, RG27 9DX

**Time?** 7.30 to 9.30pm – sign in and refreshments from 7.15pm

*Course facilitators:* ***Ken & June Shorey and Angie Colebrooke***

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| 153.png | There is no charge for attending. Participants are invited to make a voluntary contribution to cover the costs and we suggest £25 per parent or £45 for a couple.This includes a copy of the course handbook (otherwise charged at £7.50).Tax payers can Gift Aid their contributions. Those who can’t afford it can pay less or come for free without embarrassment. |
| **To book a place (or for further details)****email** **ken@parenting.org.uk****or telephone 01252 843803** | Care For The Family - logo |

**Time Out for Parents**

**The Teenage Years**

**A 7-session course for parents of 11-16 year olds**

**Monday evenings 7.30-9.30pm starting 13th May**

**in HOOK at the Life Church Centre, Elms Road**

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* The goal of parenting
* Temperament and emotional needs
* Love languages
* Why it’s tough being a teenager
* Identity and independence
* Staying connected
* Peer pressure and self-esteem
* Parenting styles – assertive parenting
* Consistency
* House rules and family meetings
* Communication
* Body language, listening, empathy
* Conflict and negotiation
* Choosing your battles
* Consequences and sanctions
* The big issues – sex, drugs and money
* Online safety and pornography
* Building strong families
* Hidden goals behind behaviour
* Values and traditions

Book by email to ken@parenting.org.uk giving a contact phone number

*Positive Parenting* is part of***Care for the Family***, a registered charity (number 1066905)

Positive Parenting courses are for parents of all faiths and none.

To book a place, ring 01252 843803 or email ken.shorey@cff.org.uk

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