



Riding the Storm: living successfully with teenagers & taking care of ourselves

A two-part workshop for parents of teenage children at
Cluster Hub, Mere Green Community Centre, Mere Green Road,
Sutton Coldfield B75 5BT

Workshop dates: Friday 3rd & 10th February, 12:30pm – 3:30pm

This workshop will focus on:

- Understanding the pressures of being a teenager
- Strengthening communication with your teenager
- Identifying your skills as a parent
- Appreciating and valuing yourself
- Different parenting styles
- Negotiating the minefield – managing conflict between you and your teenager and setting boundaries
- Helping rebuild the relationship between you and your teenager

Is this workshop for me? This workshop is for parents of teenagers wanting to build a positive relationship with their teenage child. As well as offering strategies and exercises, there is also the opportunity to talk and relate to others with similar experiences to you.

How do I join? Please phone Relate Birmingham on 0121 643 1638 to request a booking form or to book your place.