

**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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