

**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 25<sup>th</sup> April – 4<sup>th</sup> July (not on 30<sup>th</sup> May half term)

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

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