

# Take 3

**Free  
course**

For mums, dads  
grandparents  
and carers of  
teenagers

## 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



## Living with Parents – 1 day workshop

This fun one day workshop gives parents and their teenagers the opportunity to spend a day together completing structured activities that will benefit communication and mutual understanding.

### **Venue: Callington Children's Centre**

Take 3 is held on Tuesdays 6.30-8.30pm from 01/05/2018 – 10/07/2018 (not on 29/05/2018 as half term). This programme will be facilitated by Targeted Youth Workers.

Living with Parents is a 1 day workshop which will be held on a date to suit attendees, 9.30am-2.30pm at Callington Children's Centre.

### **To book a place visit:**

[www.cornwall.gov.uk/earlyhelphub](http://www.cornwall.gov.uk/earlyhelphub) and follow Parenting Support link.

For further details contact: Benn Clarke, Parenting and Adult Education Lead:

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