



Talking Teens Parent Group

Test Valley Family Support Service

10:00am-12.00pm

19th April

10th May

What is Talking Teens?

Teenagers are rewarding, stimulating and fun, but being a parent of one can be stressful and challenging.

The Talking Teens Parent Group helps deal with those challenges so you can have a calmer, happier family life.

A tried and tested Programme, it helps us think about what we do, why we do it and how it makes us feel.

- There are four 2-hour sessions over four weeks
- Informal café style with refreshments
- 10-16 parents are invited and there are two Family Links trained group leaders
- Partners are welcome and it's also fine to come on your own or with another relative or friend
- You'll get the most out of the Programme if you come to all four sessions.

How the Talking Teens Parent Group has helped other parents

"I realised that you're really needed as a parent even if your teenager behaves otherwise"

"I'm doing a better job than I thought I was"

"It has been really interesting and informative, both leaders great and lovely approach, felt very relaxed".

To sign up or make a referral.

Email
testvalley.earlyhelp@hants.gov.uk

Kate Connor

Mobile:
07551153014
Direct :(01794)
526055

or

Paula Willetts

Mobile:
07740517658
Direct :(01264)
387438)

Tea and coffee available from 9:45am for a 10am start at:

Spring Meadow Children Centre
Smannell Road
Andover
SP116JP