

The Parenting Teenagers Course

The Parenting Teenagers Course a series of five sessions (or ten shorter ones) designed to help parents and carers of 11 to 18-year-olds equip their teenagers for life by looking at:

- 1 Keeping the End in Mind
- 2 Meeting our Teenagers' Needs
- 3 Setting Boundaries
- 4 Developing Emotional Health
- 5 Helping them Make Good Choices



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