



NEW Course Starting



Wednesday 18th Sept 2024
10.00am - 12.15pm
Online

A **FREE** course for Parents and Carers

What is the Living with Teenagers?

Living with Teenagers is designed to provide low cost, accessible and effective community based parenting support for parents and carers of adolescents aged 11-16 years. Living with Teenagers is designed to improve parent confidence, skills and satisfaction, reduce adolescent and family difficulties as well as improve social and community connectedness.



Why is it different?

This 9 week course is completely free. It is run by parent volunteers who have completed the EPEC training course. They receive ongoing support and supervision from the EPEC Hub. Their experiences, backgrounds, skills and qualities make each session inviting and engaging.



Who is the course for?

For parents and carers of children aged 11 – 16 years

For more information or to book, please contact Fakhary Saleh



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