

GROWING CONFIDENCE

What is actually going on in their heads?

Ever ask yourself that question? Supporting your young person through their teenage years can be hugely challenging as the dynamics change – not only in your relationship with them, but also in their friendships and in their experience of the wider world.

Growing Confidence is a series of sessions designed to help unravel the mysteries of living with a teenager, and shed some light on both how their brain works and what parents and carers can do to support them along the way.

Sessions are really informal, and are as much about sharing what works well as they are about learning about what can help.

Session 1	The Teenage Years	<i>Why what you do matters!</i>	6pm-8pm	2pm-4pm
	Positive emotional health and well-being is vital for a developing teenager, and parents and carers have a really big role to play in supporting the development of this.		Thu 21 st Sept	Fri 27 th Oct
Session 2	The Amazing Teenage Brain	<i>What is going on in there?</i>	6pm-8pm	2pm-4pm
	Research has actually shown that the teenage brain is different, and adolescence is such a distinct and critical period in their development.		Tue 3 rd Oct	Fri 17 th Nov
Session 3	Risky Business	<i>Managing risk, challenge & adventure</i>	6pm-8pm	
	Teenagers like to take risks, and this is not always a bad thing if we can help them to develop ways to positively manage this risk-taking behaviour.		Tue 17 th Oct	Date TBC
Session 4	It's Good to Talk	<i>The Importance of Staying Connected</i>	6pm-8pm	2pm-4pm
	Communication is vital, and this session will explore different communication styles and techniques which support positive relationships, and help promote social and emotional skills in teenagers.		Wed 1 st Nov	Fri 12 th Jan
Session 5	The Brain Under Stress	<i>Overcoming setbacks & developing resilience</i>	6pm-8pm	2pm-4pm
	Stress is a normal part of everyday life, but managing stress and overcoming setbacks is something that needs to be learned if our young people are to become resilient adults.		Tue 14 th Nov	Fri 2 nd Feb
Session 6	Looking after your well-being	<i>Coping with the changes</i>	6pm-8pm	2pm-4pm
	Looking after your own well-being as a parent/carers is crucial as you attempt to cope with some of the changes that come from a growing family.		Tue 21 st Nov	Fri 23 rd Feb

If you think this might be of interest to you, then call as at the office on (01573) 224444 to let us know that you want to come along.

Look forward to seeing you there...