

GROWING CONFIDENCE

Sessions run 6pm - 8pm

Informal information sessions designed to support our young people through one of the most challenging periods of their lives, promoting positive social and emotional wellbeing – for them, and for you!

Interested? Then come along, we'd love to see you there!

The Teenage Years:
Why what you do matters.



Wed 26th Sept
Tue 30th Oct

The Amazing Teenage Brain:
What is going on in there?



Thu 18th Oct
Wed 28th Nov

Risky Business:
Managing risk, challenge
and adventure.



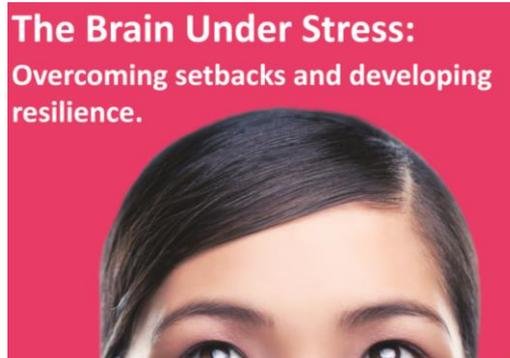
Thu 15th Nov
Wed 16th Jan

It's Good to Talk:
The importance of staying connected.



Thu 10th Jan
Wed 6th Feb

The Brain Under Stress:
Overcoming setbacks and developing
resilience.



Thu 31st Jan
Tue 12th Mar

Looking After Your Well-being:
Coping with the changes.



Wed 27th Feb
Thu 28th Mar

GROWING CONFIDENCE Sessions for 2018/19 ***What is actually going on in their heads?***

Supporting your young person through their teenage years can be hugely challenging - not only on your relationship with them, but also on their friendships and on their experience of the wider world.

The Growing Confidence sessions are designed to help unravel the mysteries of living with a teenager, and shed some light on both how their brain works and what you, as 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, so if it is of any interest to you, then just pop along!

	The Teenage Years	Why what you do matters!	6pm-8pm	6pm-8pm
Session 1	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.		Wed 26 th Sept AR & CR	Tue 30 th Oct AR
Session 2	The Amazing Teenage Brain	What is going on in there?	6pm-8pm	6pm-8pm
	Research has actually shown that the teenage brain is different, and adolescence is such a distinct and critical period in their development.		Thu 18 th Oct CR	Wed 28 th Nov AR
Session 3	Risky Business	Managing risk, challenge & adventure	6pm-8pm	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.		Thu 15 th Nov AR	Wed 16 th Jan CR
Session 4	It's Good to Talk	The Importance of Staying Connected	6pm-8pm	6pm-8pm
	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.		Thu 10 th Jan CR	Wed 6 th Feb AR
Session 5	The Brain Under Stress	Overcoming setbacks & developing resilience	6pm-8pm	6pm-8pm
	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.		Thu 31 st Jan AR	Tue 12 th Mar CR
Session 6	Looking after your well-being	Coping with the changes	6pm-8pm	6pm-8pm
	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.		Wed 27 th Feb AR	Thu 28 th Mar CR