



time out for parents

THE TEENAGE YEARS

For Parents of Year 7 Children

Sutton Education Well-Being Service are offering a free 6 session course for parents from Care for the Family providing common-sense information and ideas to help you to engage with your children and boost your relationship.

The Sessions

Understanding teenagers, emotional wellbeing, communication, parenting styles and boundaries, big issues and strong families

Attendance: 6-weekly, consistent dates will be provided prior

Timings: 2 hour duration, either in the morning or afternoon

Venue: School or Online



Please contact your school for further information or for enrolling onto future sessions