



Parenting Teenagers Course

Encouraging Empowering Equipping

**Parenting Teenagers Course:
“Because there are no dress rehearsals”**

Topics include:

- Dealing with conflict
- Setting boundaries
- Managing feelings
- Communication issues
- Self esteem
- Understanding issues teenagers are currently experiencing

Courses/workshops available

Parenting Teenagers - Daytime Course

This course enables participants to explore in depth the different topics, whilst also allowing them to practise new found techniques at home and then discuss how these worked at the following session. We also have a clinical psychologist as our guest speaker, who does an in-depth talk on the teenage brain and how this impacts both them and us as parents. Our experience has found that, through the support and sharing offered within the group, members have often remained in contact with each other afterwards. This course runs for eight weeks and each session lasts one and a half hours.

**Wednesdays from 1st February - 29th March 2017 (eight-week course)
from 9.30am-11am**

Prices:

Saint Cecilia's parents/carers: £40 per person or two monthly instalments of £20.

External parents/carers: £60 per person.

Parenting Teenagers - Evening Course

An alternative for parents who are unable to attend the day time course, our evening course covers some of the most important topics, such as communication, setting boundaries and managing feelings. Our guest speaker, a clinical psychologist, will discuss the impact of the changes on the teenage brain. We would also recommend attending the 'Give me strength' course as an addition to this. This is a three-week course with each session lasting two hours.

Tuesday 25th April – Tuesday 9th May 2017 from 7.00pm-9.00pm

Give me strength workshop: How to manage your teen's anger

Anger can be a challenging emotion to deal with, and this can feel especially heightened during the adolescent years, as both you and your teenager find yourself battling with each other. This workshop is designed to explore how you currently deal with anger issues that arise in your family, and what you feel you would like to change about this. You are then given a toolkit full of effective yet simple techniques that can help you all find a way to maintain a calmer home. This one-off workshop lasts two hours.

Date to be confirmed

£15 per person

Stress busting workshop: How to support your teen through demanding times

Teenagers can often feel under a great deal of pressure during this time, which can lead to symptoms such as irritability, poor sleep or a sense of not being able to cope. This workshop will equip you with tools you can share with your teenager, as well as ways to best support them during this time, to enable them to handle their stress levels much more effectively. This one-off workshop lasts two hours.

Tuesday 14th March 2017 form 7.00pm-9.00pm

£15 per person

Emotional resilience workshop: Teaching your teen the skills to bounce back

Teenagers can often feel overwhelmed and ill equipped in today's world. This workshop is designed to give you techniques that can be integrated into family life, empowering your teens with the tools they need to develop that 'bounce back' attitude.

Tuesday 21st February 2017 from 7.00pm-9.00pm

£15 per person

About us

Our Parenting Teenagers Course aims to provide an opportunity for parents/carers to examine issues within their family and, through developing skills and strategies, empower them to create a solid foundation on which their family can thrive.

Parenting is a personal experience but we really are “all in it together”. Being able to explore issues and learn effective techniques for managing the turbulence presented by the teenage years really does help!

We offer day and evening parenting courses and a range of evening workshops, designed to give parents the opportunity, within a non-judgmental, supportive environment, to look at common parenting issues such as:

- dealing with conflict
- setting boundaries
- managing feelings
- communication issues
- understanding how your teenager’s brain development significantly impacts on their behaviour
- helping teenagers feel more positive about themselves
- developing a greater understanding of the issues teenagers are currently facing
- developing a greater awareness of how your teenager’s behaviour impacts on you

“I found the course excellent. I have learned new skills as a parent to be more assertive and to not feel overwhelmed”

Parenting course attendee

“Both Emma and Victoria are wonderful, and so easy to bond with. The course content is rich and very easy to apply. It has made a difference to me and my kids love it. Thank you!”

Parenting course attendee

The parenting courses/workshops are run by Emma Gerrard and Victoria Gallagher who are highly qualified professionals with a wealth of knowledge in supporting parents and youngsters.

As parents themselves with children ageing from pre to post teens, they understand the highs and lows that accompany this stage of children’s development.

How to book

If you would like to find out more about our Parenting Teenagers Course, including prices and how to book a place, please contact us:

Email: parentingcourse@saintcecilias.london

Telephone: 020 8780 1244 extension 6700

Website: www.saintcecilias.london/parentingcourse

Saint Cecilia's Church of England School
Sutherland Grove, London, SW18 5JR

Nearest tube station: Southfields

Buses: 39, 493 and 156

"A great balance of theory and experience; the course was professionally presented and held. The deliverance was professional, compassionate and non-judgemental."

Parenting course attendee

"It was beneficial to find new ways of approaching problems when they crop up and seeing things from my daughter's point of view."

Workshop attendee

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