

There will be a teenage workshop running alongside the parents course for those aged 13 yrs +.

The content will mirror that of the parent group, but designed to meet their needs.

Talking Teens Parent Group and Teenage workshop.

Where: Southside Youth Hub
Kelston View,
Whiteway,
Bath BA2 1NR.

There will also be a Childrens group for the children aged under 13 yrs, where they will make crafts and play sports.

When: Once a week for 8 weeks, 6.15pm - 8.15pm.

Session 1: 18.02.2020: Welcome/ getting to know you / ground rules and well-being

Session 2: 25.02.2020: Being a parent of a teenager ; The role of parents for teenagers ; Responding to difficult feelings - Being a teenager.

Session 3: 03.03.2020 : Understanding your teenager ; Understanding teenage development ; Parenting styles ; Praise and criticism - Understanding your parent.

Session 4: 10.03.2020: Communicating with your teenager / parent ; Communicating clearly ; Handling difficult issues

Session 5: 17.03.2020: Managing conflict ; Rules and boundaries ; Choosing how to respond ; Problem solving

Session 6: 24.03.2020: Topical issue relating to teenagers (age appropriate)

Session 7: 31.03.2020 : Guest speaker listening to their story about crime and violence ; quiz

Session 8: 07.04.2020: A celebration trip for completing the course.

Partners are welcome and it's also fine to come on your own or with another relative

Contact details:

Hannah or Paul @ Connecting Families
01225 396931

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You'll get the most out of the Programme if you come to all eight sessions.

What is Talking Teens?

Teenagers are rewarding, stimulating and fun, but being a parent of one can be stressful and challenging.

The Talking Teens Group helps deal with those challenges focusing on both the parents and teenagers perspective, so you can have a calmer, happier family life.

Both Programmes are tried and tested, it helps the parents and teenagers think about what they do, why they do it and how it makes each other feel and look.

Some questions answered on the Programmes have been:

Why do they always need to know what I'm doing, and where I am?

Why do they always sleep in so late?

How can we talk without everything being an argument?

What's normal?

Why don't they want to tell me how they're feeling?



How the Talking Teens Parent Group has helped other parents

"I realised that you're really needed as a parent even if your teenager behaves otherwise"

"I'm doing a better job than I thought I was"

"I feel like my parents finally understand the pressures I have to face"

"It was nice meeting other families going through similar difficulties, it's good to know were not alone in this"

