

Life in the eyes of a young person - Living with your teenager



Life in the Eyes of a Young Person is a course for parents/carers of young people who are 11 years and above.

The course provides the skills and tools to enable parents to provide practical and emotional support for their teenagers to help them thrive and build the skills they need for adulthood.

The course focuses on:

- Building and developing positive relationships
- How to manage difficult situations
- New ways to communicate with your teenagers
- How you can communicate more effectively
Using a problem solving approach



It also provides an opportunity to talk to other parents about experiences.

The programme runs over a period of 3 weeks.

Our next course will be: Friday mornings starting 7th March 2025 from 9.30am to 11am, at the Brownlee Stone Centre, Town Street, Horsforth, LS18 5BL (next door to the Library).

To sign up for the course, please text 07580971357 or email info@horsforthchildrensservices.co.uk