

What other Parents have said...

"We would definitely recommend this programme to a friend"

"I gained from sharing problems with other Parents"

"The programme gave me the opportunity to stop and reflect"

"I became more confident as a Parent"

"The programme has helped me to listen to and make more time for my teenager"



Also available in your area:

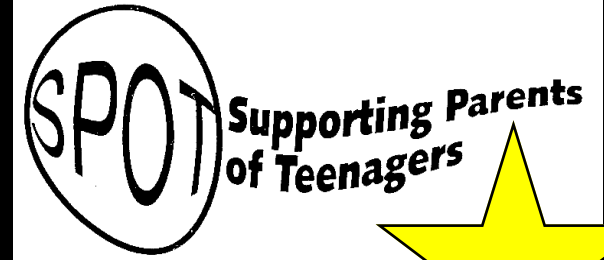
**Positive Parenting
Time Out for Parents**

Parent and Toddler Group

**On The Right Track
Home/School/Community Project**

**Managing Angry Feelings
Group Work for children and parents**

For further information on these groups, please contact Families Matter on 023 8020 7623
office.fm.hurc@gmail.com
www.families-matter.org.uk



Tackling Teenage Troubles



6 Free Sessions
Starting date to be confirmed
Refreshments provided

Working in a multi-agency partnership



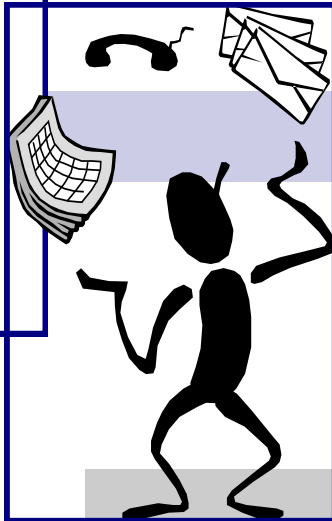
Supporting Parents Of Teenagers (SPOT)

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'Tackling Teenage Troubles'

Raising your children will be one of the most vital and important tasks you will ever undertake...

...and doesn't it push you to your limits?



These sessions will help you to

- Improve your relationship with your child
- Develop new skills and confidence
- Understand behaviour
- Manage change
- Communicate effectively

Course Contents

- Teenage Development
- Parenting Styles
- Communication Skills
- Conflict
- Responsibility and Independence
- Enjoying being a Parent

Come along and meet other parents for mutual support in an informal & friendly environment.



Refreshments provided

To Reserve your Place

Please complete the form below and return to:

Families Matter at Hythe URC
Cornerstone, New Road,
Hythe, Southampton,
SO45 6BR

Or telephone 023 8020 7623

I am interested in attending the
'SPOT Group'

Name:

Address:

Tel:

Children's names / ages:

