



Understand One of Life's Great Mysteries – Your Teenager!

The Understanding Teenagers course is an informative and vital toolkit for parents/guardians of teenagers (from age 11 upwards). Stuart & Jude Ayling are licensed trainers with charity 'Care for the Family' and will deliver a course of 6 sessions designed to expand your skills in understanding your teenager and help to navigate some of the trickier parts of teenage life.

The course is free and the only cost involved is a course manual for £7.50.

Some of the topics covered include: **the teenage brain**, **how to talk with your teenager about difficult topics**, **handling conflicts without all-out war**, how to help build your teenager's positive self-esteem and parenting in a digital age.

All the 6 sessions will be at Eden's Project on:

Thursdays at 7pm until 9pm starting on the

9th May 2024 running every Thursday (excluding half term) until 20th June 2024

Some comments from previous courses:

"Friendly and safe atmosphere - great venue. Genuinely non-judgemental, interesting content, very informative. I have already felt a positive impact at home."

"It was totally excellent, immensely reassuring and I also felt supported and not judged. Fantastic!"

"It has opened my eyes to why our teenagers may behave in certain or different ways."

"The course has been such a positive part of my week."

To register please contact:

Eden's Project, 45 Gainsborough Street, Sudbury, CO10 2EU.

Tel: 01787 375247 email: info@edensproject.co.uk