

Parenting a young person aged 12-19



Parents Plus Adolescents Programme

A 9-week workshop delivered weekly. Each session is 2-hours in length. This hybrid programme gives you the option to attend in-person or virtually on Microsoft Teams

This is an evidence-based workshop that covers topics such as:

- Understanding teenagers
- Pressing the pause button
- Getting to know your teenager
- Establishing rules with teenagers
- Connecting with your teenager
- Communicating rules positively
- The power of encouragement
- Using consequences
- Active listening
- Creating a discipline plan
- Empowering teenagers
- Dealing with conflict and aggression
- Problem solving with teenagers
- Establishing routines
- Family problem solving
- Parent self-care

When?

Tuesdays 6-8pm
starting 21st January 2025

Where?

New County Hall, TR1 3AY
or on Microsoft Teams

To book visit

[Parenting Young People aged 12 - 18](#)
and select your preference for in-person or virtual attendance

Contact us

Website: www.cornwall.gov.uk.parenting
Email: parenting@cornwall.gov.uk

