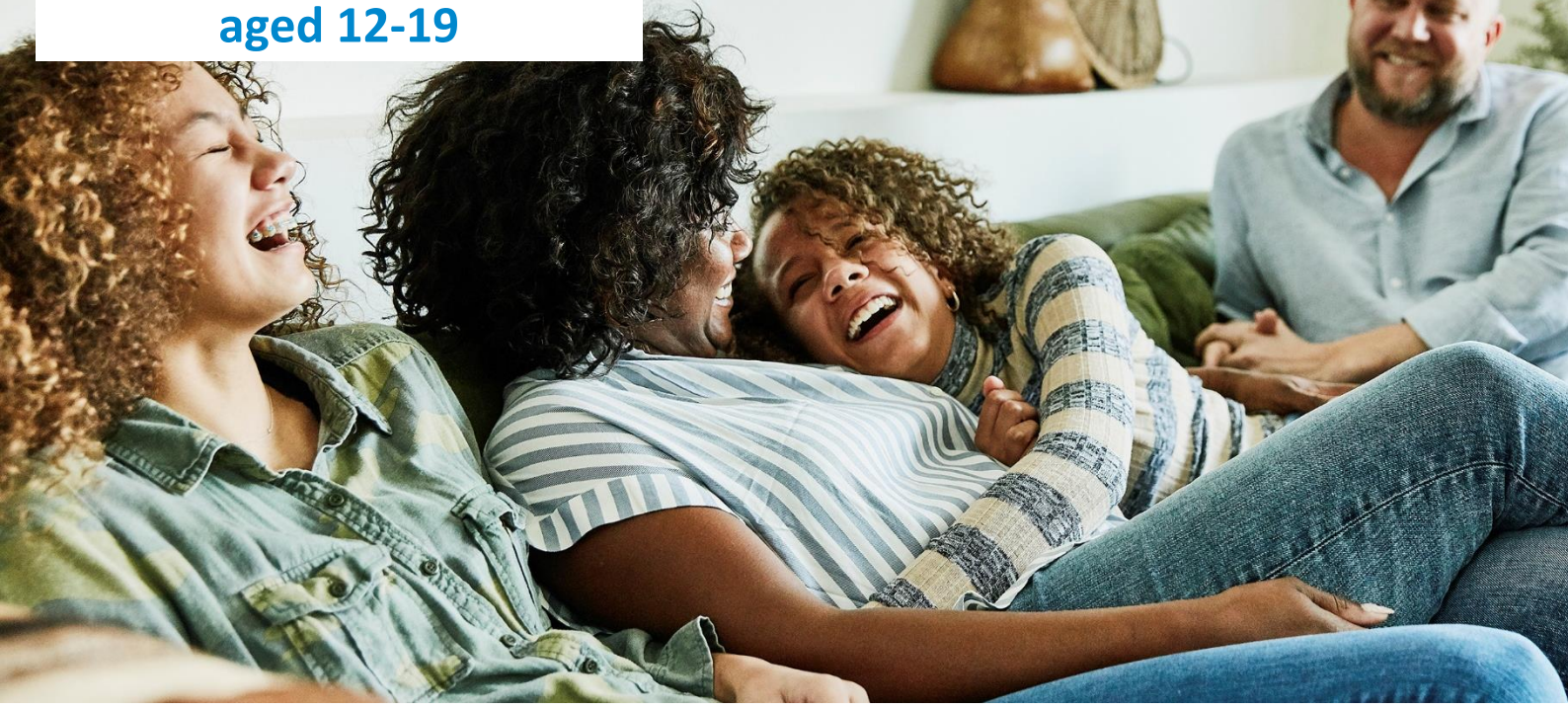


## Parenting a young person aged 12-19



# Parents Plus Adolescents Programme

A 9-week workshop delivered weekly. Each session is 2-hours in length.

This 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?

Thursdays 12:30-14:30  
starting 30<sup>th</sup> January 2025

### Where?

The Lighthouse Family Hub  
TR11 2BB

### To book visit

[Parenting Young People aged 12 - 18](#)

### Contact us

Website: [www.cornwall.gov.uk.parenting](http://www.cornwall.gov.uk.parenting)  
Email: [parenting@cornwall.gov.uk](mailto:parenting@cornwall.gov.uk)



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