Warwickshire Family & Relationship Support Team



Teenagers, What every parent should know

A practical and supportive 90 minutes workshop for parents and carers in Warwickshire.

WHAT WE'LL EXPLORE

- How the teenage brain develops and why it drives behaviour
- The physical and emotional changes of puberty
- The role of hormones through adolescence
- How gender identity and sexuality emerge
- How all of the above impacts teenager's behaviour and relationships!

YOU'LL TAKE AWAY

- ☑ A deeper understanding of your teenager's emotional and brain development
- ☑ Practical communication techniques
- ☑ Strategies to navigate tough conversations and reduce conflict
- ☑ Ways to build trust with your teenager
- ☑ Tips to to support your teenager through the adolescent period

Wednesday 3rd March 2027
1.00pm till 2.30pm
at
North Leamington School
Sandy Lane
Leamington
CV32 6RD

FREE

To book your place email, Dina at North Leamington School - DMistry@northleamington.co.uk