

# TEEN WORKSHOPS FOR PARENTS

Join us for four interactive workshops designed to help parents navigate the challenges of raising teenagers, build communication skills, and foster a supportive relationship with your teen.

## WORKSHOP 1 24TH APRIL 2025

- Being a parent of a teenager
- The role of parents for teenagers
- Responding to difficult feelings

Inside every  
teenager is a child  
and an adult

## WORKSHOP 2 22ND MAY 2025

- Understanding your teenager
- Understanding teenage development
- Parenting styles
- Praise and criticism

Parents can attend workshops individually of their choosing.  
If parents attend all four workshops, a certificate will be issued

## WORKSHOP 3 26TH JUNE 2025

- Communicating with your teenager
- Talking and listening
- Communicating clearly
- Handling difficult issues

Thursdays  
7-9pm via  
Microsoft Teams

## WORKSHOP 4 17TH JULY 2025

- Managing conflict
- Rules and boundaries
- Choosing how to respond
- Problem solving

To book your place, please email [parentingserviceadmin@ealing.gov.uk](mailto:parentingserviceadmin@ealing.gov.uk) with your full name, email, mobile number and which workshops you would like to attend.