



Parenting Support Groups 2018

What is the group about?

Teenagers are rewarding, stimulating and fun, but being a parent of one can be stressful and challenging, particularly as they move onto secondary school. This parent group helps you prepare to deal with those challenges so you can have a calmer, happier family life.

Based on the tried and tested programme from Family Links www.familylinks.org.uk for parents/carers with children aged 10 to 16, it helps us think about what we do, why we do it and how it makes us feel and looks at many questions parents have.

Course Dates & Times:

Thursday March 1/8/15/22 7.00pm - 9.00pm

Tuesday June 5/12/19/26 7.00pm- 9.00pm

Thursday November 1/8/15/22 7.00pm - 9.00pm

The four sessions

One - Being a parent of a teenager; The role of parents; Responding to difficult feelings

Two - Understanding your teenager; Teenage development; Parenting Styles; Praise and criticism

Three - Communicating with your teenager; Talking and listening; Handling difficult issues

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

Practical information

The group is informal, non-judgemental, supportive and confidential. Four 2-hour sessions over four weeks in the evening, not in a classroom. Up to 15 places with two experienced Group Leaders accredited by Family Links.

Venue: Parkstone Grammar School, Sopers Lane, Poole Dorset BH17 7EP Free Parking.

Course Cost: £95 per person payable on booking, including refreshments.

Booking and Information email Gary & Ann at contact@theholdingspace.co.uk or

Tel: 07422 519008

"well presented, with the right balance of information and discussion coupled with great dynamics and fun, in a non judgemental way" - Parent