ParentingNI

Supporting Parents of Teenagers

Being a parent of a teenager can be challenging, especially now with Covid-19. Parenting NI through funding sourced from the Community Foundation New Need Fund are providing the following **FREE ONLINE** sessions for **PARENTS**

Parents & teenagers affected by Covid-19 with Dr John Coleman ~ Thurs 5 Nov ~ 7-8.30pm

~~The Teenage Brain with Dr John Coleman ~ Tues 10th Nov~~ **FULLY BOOKED**

~~Understanding Teen Development ~ Wed 4th Nov ~ 7 - 8pm~~ FULLY BOOKED

~~Supporting my Teenagers Emotional Health ~ Wed 11th Nov ~ 7 - 8pm~~ FULLY BOOKED

~~Improving Relationships with my Teenager ~ Wed 18th Nov ~ 7 - 8pm~~ FULLY BOOKED

Supporting Teenagers with their Body Image ~ Wed 25th Nov ~ 7 - 8pm

~~Parenting a Teenager ~ Thurs 26th Nov ~ 7 - 8pm~~ FULLY BOOKED

Reducing Conflict in the Home ~ Wed 2nd Dec ~ 7 - 8pm

~~Promoting Teenagers Resilience ~ Mon 7th Dec ~ 7 - 8pm~~ FULLY BOOKED

Promoting Teens Independence ~ Tues 8th Dec ~ 7 - 8pm

Supporting Parents Emotional Health ~ Wed 9th Dec ~ 7 - 8pm

Reducing Risk Taking Behaviour ~ Mon 14th Dec ~ 7 - 8pm

To Register: https://www.parentingni.org/programme-calendar/

(Limited places available - 2 sessions per parent)



The Community Foundation Northern Ireland

parentingni.org

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