



# GOSPORT COMMUNITY HUB

## Talking Teens

The four week course will commence on Wednesday 18th January 2023, 5.30pm - 7.30pm. The venue will be the Gosport Community Hub on the Brune Park Site.

Talking Teens will enable adults to understand the feelings of teenagers regarding their Behaviours, Emotions, Maintaining and improving the relationships the teen has.

The programme is conducted over four sessions, and will including information such as:

- Exploring the importance of parents towards teenagers.
- Developing the parents' understanding of teenage development and the influence of the brain development on behaviour.
  - Developing the parents' understanding of the importance of listening, verbal and non-verbal communication.
  - Promoting a positive approach to setting boundaries and problem solving.
  - Providing an opportunity to parents to share their experience with other parents.



**There are many different outcomes for the parents and children, these outcomes are:**

- Improving relationships between the parents and their teenagers.
- Reducing conflict and stress within the family.
- Increased confidence for both child and parents about talking about their problems.
- Further understanding of teenagers' needs and their development.

**Please click the link below to submit your interest:**

<https://forms.gle/Wmijuz64PY74dJMN6>

**Or email [gospportcommunityhub@gfmat.org](mailto:gospportcommunityhub@gfmat.org)**

Please contact Lesley Ure ([lure@gfmat.org](mailto:lure@gfmat.org)) with any questions you may have or to book a 1:1 meeting prior to the course start date.