

# Lifelong Learning & Employability

## **The Challenging Years** **- preparing for the Teenage years**

**Community Room**  
**Bilston PS**

**Thursdays, 1 March – 15 March, 2018**  
**9.15am – 11.15am**

**This course is mainly aimed at parents/carers of young people aged 10+ and covers:**

- **Understanding the teenage years**
- **Talking and listening to teenagers**
- **Parenting styles**
- **Dealing with conflict**



*For more information or to book a place for yourself and, if needed, a crèche place, please contact :*

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