



Talking Tweens

A Parents Building Solutions Program For Parents of Children Aged 8 to 12 years

Do you want to:

- Improve communication with your child and resolve power struggles?
- Learn effective ways to deal with anger and anxiety - both yours and theirs
- Establish boundaries with your child around screen use and other challenging behaviors?
- Understand tween development and prepare for puberty?

Join us online to learn strategies and take some time out for you.

When: Tuesday evenings (6 sessions)

Mon 10th May to Mon 14th June 2022

Time: 7.00 pm - 9:00 pm

Where: Online via Zoom. Participants will need access to a device with video and audio in order to participate

Cost: Free of charge

Registrations:

<https://forms.office.com/r/CDCX1YBSnW>

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PARENTZONE