



Talking Tweens

A Parents Building Solutions Program For Parents of Children Aged 8 to 13 years

Do you want to:

- Improve communication with your child?
- Deal with anger and anxiety?
- Establish boundaries with your child around screen use and other challenging behaviors?
- Understand tween development?
- Deal with conflict and improve relationships?

Come along to these 6 interactive sessions. Share strengths, challenges, and strategies to parent 8 to 13 year old.

When: Monday afternoons (6 sessions)

Mon 10th Oct to Mon 14th Nov 2022

Time: 12:00 noon - 2:00 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: [click here](#)

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PARENTZONE