

Parent and Family Support Service (PFSS)

Parenting Workshops

Preparing for Adolescence What to expect from the teenage years

For parents and carers with children approaching the teenage years.

**Have you noticed changes in their behaviour?
Have they recently moved to secondary school? Do you
worry about bad influences?**

Attend this session if you would like to know more about the adolescent stage of development and receive practical parenting tips to feel more equipped to handle unexpected changes.

**Tuesday 27th September
10am – 12pm**

Venue: Zoom

If you would like to book onto this session please email the parenting team:

parenting@towerhamlets.gov.uk

To find out more about our services visit: www.towerhamlets.gov.uk/parentfamilysupport

