



**FREE**  
**online parenting workshop**

# UNDERSTANDING YOUR TEEN

Tuesday, 11th  
June 2024  
10am-12pm  
via MS Teams



Adolescents feel like a great mystery to their parents, often left wondering what they get up to when they close their bedroom doors once they get back from school, or simply what they are thinking

## The session will cover:

- Child and adolescent emotional development
- Understanding your child better
- Empathising with your child
- Adolescent emotional and mental health
- A chance to have your questions answered



The session is aimed at parents/carers of young people aged 12-18

email [parentingserviceadmin@ealing.gov.uk](mailto:parentingserviceadmin@ealing.gov.uk) to register or for more info