



FREE

online parenting workshop






UNDERSTANDING YOUR TEENAGER

Tuesday, 7th
November, 2023
10:30am-12:30pm
via MS Teams

Delivered by
Sabrina Meakins
Counsellor &
Psychotherapist

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 to register or for more info



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