

Family Hub



Living with Teenagers



9-week course for parents/carers of young people aged 11 - 16 years.

This programme aims to support with bringing up confident and happy young people. The course includes exploring what it is like to be a teenager today, parental well-being, effective communication, expressing and recognising emotions, as well as methods of discipline.

Online

23 January – 27 March
7 – 9pm

To book your place visit:

soton.cc/familyhub-parentingreferral

For more information please contact:

familyhub@southampton.gov.uk



EMPOWERING
PARENTS
EMPOWERING
COMMUNITIES



@familyhubsouthampton

www.soton.cc/familyhub

Family Hub



Living with Teenagers



9-week course for parents/carers of young people aged 11 - 16 years.

This programme aims to support with bringing up confident and happy young people. The course includes exploring what it is like to be a teenager today, parental well-being, effective communication, expressing and recognising emotions, as well as methods of discipline.

Online

23 January – 27 March
7 – 9pm

To book your place visit:

soton.cc/familyhub-parentingreferral

For more information please contact:

familyhub@southampton.gov.uk



EMPOWERING
PARENTS
EMPOWERING
COMMUNITIES



@familyhubsouthampton

www.soton.cc/familyhub



Funded by
UK Government

NHS
Hampshire and
Isle of Wight Healthcare
NHS Foundation Trust



Funded by
UK Government

NHS
Hampshire and
Isle of Wight Healthcare
NHS Foundation Trust

