

Time Out for Parents - The Teenage Years



Do you have a pre-teen or a teenager?

Many parents find adolescence the most demanding time in their relationship with their child. There are many new challenges to face and it's often hard to know what to do for the best.

Family Matters York are running a 5-week course for parents of pre-teens and teenagers.

We'll be looking at some of the issues and how to survive!

Date: Mondays 12, 19, 26 Nov 3, 10 Dec

Time: 7.30 to 9.30pm

Venue: Archbishop Holgate's School,
Hull Road, York YO10 5ZA

To book a place or for any further information contact Helen Atkinson on 07393 147259 or email helenatkinson@fmy.org.uk.

The course is free due to generous funding from Archbishop Holgate's School Foundation Governors and Elim Church.

Shouting doesn't work – I have been banging my head against a brick wall, but this stuff works – it builds a better relationship between you rather than trying to get them to do things through fear.

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