

# The teen brain

For those parenting 11 - 16 year olds

**FREE**

Teens &  
sleep?

What **are**  
they talking  
about?



**4 sessions to help parents understand what's happening to their teen and to offer some ideas on understanding teenagers, communication and managing conflict.**



When: **Wednesday** evenings from **7—9pm**

Dates: **1, 8, 15 & 22 March 2017**

Where: **The Thomas Coram School, Berkhamsted** (HP4 2RP)

To book, or for more information: call Samantha Lindars on **07598 329823** or Lisa MacGovern on **07780 114079**



This FREE course is brought to you and funded by Dacorum Family Services

