



# ParentTeen

A forward looking, solution-focused group for parents  
of over 13's and under 18's

**10am to 12 noon**  
**19 October to 30 November 2011**  
**6 Wednesdays**

## **Topics**

**Keeping your Cool, How to re-connect with your teenager,  
Talking and Listening, Becoming a more confident and  
optimistic parent**

## **What Parents say about 'ParentTeen'**

'It didn't come naturally to me – I had to learn how to look after my teenagers'

'Being with other parents – you realise you are not alone'

'When you are going through hell – just keep going!'

- *This group is available and free to residents of Hammersmith & Fulham and Kensington & Chelsea only*
- *Refreshments and lunch provided*

**To book a place,  
call Jennifer Allen  
020 7352 1155**

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