



Hastings & Rother Parents Coping With Teenage Emotions

What?

Does your Teenager over react to small things? Have mood swings or become angry? This 2 hour Discussion Group will give you practical suggestions for dealing with your Teens emotional behaviour.

Where?

Online Via Microsoft Teams

When?

Tuesday 2nd November '21 12-2pm

Wednesday 24th November '21 6:30-8:30

Friday 17th December '21 10-12

To book your free place email:
info@openforparents.org.uk

Or Scan the QR code..

