

I'm a Parent...

Get me out of here!

Autumn 2023

A 6 week course for parents with children 11+
Fully funded for parents and carers of children attending
Trafford Schools.

Have an understanding of where your child is developmentally

Learn the importance of self-care

Have an understanding of the development of the teenage brain

Learn skills to apply in any situation

Learn how to listen to your teenager

Improve how you navigate conflict with your teen

Learn to 'let go' whilst still maintaining boundaries

Join us from 06.09.2023 - 11.10.2023 (Wednesdays)

At the Counselling & Family Centre
40 Mayors Road Altrincham WA15 9RP
9.30am -11.30am



Trafford Team Together

Providing the right support at the right time in the right way

cfc | The Counselling & Family Centre

Book online to secure your place:
www.thecfc.org.uk/parents