

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

01.11.2023 - 06.12.2023 (Wednesdays)

Early evening online workshop

6pm - 8pm



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**