

Raising Teens with Confidence

Six session course for parents and carers of 11–16 year olds



Tuesday 23 October – Tuesday 27 November 2018

**Wester Hailes Education Centre (WHEC)
4.30pm-6.30pm**

Topics covered:

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| 1. Introduction Why What You Do Matters! | 23 Oct |
| 2. The Amazing Teenage Brain What's Going on in There? | 30 Oct |
| 3. Risky Business Managing Adventure, Risk and Resilience | 6 Nov |
| 4. It's Good to Talk The Importance of Staying Connected | 13 Nov |
| 5. The Brain Under Stress Looking at the Brain Under Stress | 20 Nov |
| 6. Looking After You Own Wellbeing Coping with the Changes | 27 Nov |

Book your place:

Please contact

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