

**FREE**






# online parenting workshop



## Understanding Your Teen

Adolescents feel like a great mystery to their parents, often left wondering what they get up to when they close their bedroom doors once they get back from school, or simply what they are thinking

The session will cover:

-  Child and adolescent emotional development
-  Understanding your child better
-  Empathising with your child
-  Adolescent emotional and mental health
-  A chance to have your questions answered

Tuesday 21st  
January 2025

10:30am - 12:30pm  
via MS Teams

Delivered by  
Sabrina Meakins

Counsellor & Psychotherapist

The session is aimed at parents/carers of young people aged 12-18

email [parentingserviceadmin@ealing.gov.uk](mailto:parentingserviceadmin@ealing.gov.uk) to register or for more info