

Being a parent
is such a tough job...

We've all said it,

But who's
listening?

We are!



families are at the heart of us ●

'Living with Teenagers' 7-week programme

A **Living with Teenagers** group is a safe, friendly and relaxed course for parents experiencing behaviour and communication difficulties with their teenagers.

The group aims to recognise that you are the real experts on your own teenager, whilst giving you the opportunity to share your experiences with other parents.

We aim to support you in developing your skills in coping with, and managing your teenager's behaviour.

Stay in-touch
cffcharity.org.uk
centre@cffcharity.org.uk
0116 2234254
[facebook.com/funandfamilies](https://www.facebook.com/funandfamilies)
twitter.com/funandfamilies

Your free local group

COUNTY PARENTS ONLY :
Face-to-face

Wednesday evenings

7pm-9pm

23rd Feb

2nd/9th/16th/23rd/30th March

6th April

**Glenfield Parish Council,
Park House, Stamford St
Leicester LE3 8DL**

**For more information please
contact Henry : 07743 321319**