

Getting on with your pre-teen or teen

Sign up to our 6-week online group

Is your teen feeling anxious or isolated? Are you concerned about their mental health and struggling to know how best to support them?

Learn how parents can best emotionally support their teen and feel confident and prepared for whatever challenges might arise.

To book your place, call Louise on **0204 522 8700**, email **services@familylives.org.uk** or scan our QR code to use our online referral form

We build better family lives together

www.coramfamilylives.org.uk

 @CoramFamilyLivesHertsandBeds

Date, time and venue



Friday 5th June to 10th July
2026



9.30am to 11.30am



This course will be delivered
online via MS Teams



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Funded by
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County Council



Less Shouting More Cooperation

This 6-week group helps you change the way you communicate with your child, respond better and feel more in control. The sessions will cover:

- Exploring what helpful discipline is.
- Recognising the triggers and responding more effectively.
- Learning new parenting tools to challenge children's behaviour
- How to negotiate and implement effective boundaries and family agreements
- How to hold boundaries and gain co-operation



Monday 1st June to 6th July 2026

9.30am to 11.30am

Online via MS Teams

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Summer Term Workshops

Anxiety around ADHD Workshop - Thursday 11th June, 9.30am to 11.30am

This workshop helps parents/carers understand what ADHD is, why it makes sense for a child to be anxious if they have ADHD, strategies to help support you and your child, plus signposting to other support that is available.

Sibling Rivalry Workshop - Thursday 25th June, 9.30am to 11.30am

This workshop provides parents/carers with practical strategies and tools to effectively foster positive sibling relationships, promote cooperation and manage conflicts between children.

Reducing Conflict Workshop - Tuesday 7th July, 7pm to 9pm

This workshop is for parents/carers struggling with conflict within their family life and provides tools to promote a cooperative and collaborative approach to resolving the conflict.

The workshops will be online via MS TEAMS

All our programmes provide support, information and resources to parents, carers and adult family members in Hertfordshire so they can help their children reach their full potential. For more info, please contact **Louise** on **0204 522 8700/8701** or email **services@coramfamilylives.org.uk** or scan the QR code for our online form.



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