

Time Out for Parents - The Teenage Years



Do you have a pre-teen or a teenager?

Many parents find adolescence the most demanding time in their relationship with their child. There are many new challenges to face and it's often hard to know what to do for the best.

Family Matters York are running a 5-week course for parents of pre-teens and teenagers.

We'll be looking at some of the issues and how to survive!

Date: Wednesdays 10, 17, 24, 31 Jan 7 Feb

Time: 9.30 to 11.30am

**Venue: The Gateway Centre, Front St,
York YO24 3BZ**

To book a place or for any further information please contact Helen Atkinson on 07393 147259 or email helenatkinson@fmy.org.uk.

The course is free to attend thanks to generous funding from York City Council.



famiiy
matters_york