

# Teen Zone!



**Do you have a pre-teen or a teenager?**

Many parents find adolescence a difficult 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 and Millthorpe School are holding a 5-week course for parents of pre-teens and teenagers.

**Topics include:**

- It can be tough being a Teenager- What parents can do to help
- Supporting Children at Secondary School
- Communication and Boundaries
- Boundary settings and Sanctions
- Encouraging responsibility

The next course will run from 9<sup>th</sup> January 2012  
7-9pm at Millthorpe School.

To book a place or for any further information please contact Helen Atkinson on 789214 or email [helenatkinson@fmy.org.uk](mailto:helenatkinson@fmy.org.uk).  
Or contact Lou Burke at Millthorpe on 01904 686400

The course is free due to generous funding from the Archbishop's Mission Fund and York Evangelical Church.  
Come along and share your ideas with other parents!

**family**  
matters<sub>york</sub>

