



A Supportive Programme for Parents of Teens



is for parents and carers of Secondary School age pupils who want to:

- **Understand** their child/young person (and how their brain works) better
- **Strengthen** their relationship with them
- **Develop** new and positive parenting skills
- **Learn** how to manage conflict and risk-taking behaviour successfully
- **Build** resilience, and healthy emotional wellbeing in their child/young person



is a 10 week step-by-step practical programme which runs for 2 hours every week including a break with refreshments



The next programme will start on:

- Date: Tuesday March 17th
- Time: 6pm to 8pm
- At: Hardenhuish School



To sign up for the programme or find out more information please

contact: Linda McCann on 01865 903777 or 07920 233046 or email

linda.mccann@oxfordhealth.nhs.uk



is an evidence based programme from the Ministry of Parenting. Delivery of the programme is a joint project involving Wiltshire Council, Wiltshire Child and Adolescent Mental Health Service and Schools making use of transformation funding for children and young people's mental health and wellbeing.



GROUP INFORMATION FOR PARENTS

Venue: Hardenhuish School

Time: 6pm to 8pm

Group Facilitators: Linda McCann and Carolyn Marriott

Session dates and topics

Week 1	17 th March	Making the change
Week 2	24 th March	Miss the hook
Week 3	31 st March	Listening
	Easter Break	no group
Week 4	21 st April	Praise and encouragement
Week 5	28 th April	Problem solving
Week 6	5 th May	Setting the limits
Week 7	12 th May	Topic chosen by group – choose from Drugs & Alcohol, Sexual Health, Conflict & Aggression, Screens or Anxiety Drugs, what do you need to know?
Week 8	19 th May	Topic chosen by group – choose from Drugs & Alcohol, Sexual Health, Conflict & Aggression, Screens or Anxiety Sexual Health and Relationships
Week 9	26 th May	Living as a parent
Week 10	2 nd June	Putting it all together