

Building resilience and self esteem in our Teens

A 2-hour workshop for all parents /carers of Teens aged 12+

Date: Monday 20th January 2025

Time: 7.00 - 9.00pm

Venue: On-line via ZOOM

Cost: £14.00/£5.00 concession (with proof)

Price is per parent/carer living in London

HOPE

Helping Families to Live and Learn Together

This workshop is designed to help parents/carers nurture their children into becoming young adults by learning practical communication skills for everyday life.

Topics will include:

Positive reinforcement strategies and tools to help build confidence, self-esteem and resilience in teens.

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0208 863 7319 or 07498881496



info@hopeharrow.org.uk

http://

www.hopeharrow.org.uk

Charity Registration Number: 1091703





Helping Families to Live and Learn Together

How to limit screen time for your autistic teen and keep them safe on the internet

As a parent and caregiver of an autistic child it can be exciting and satisfying seeing our children grow into unique individuals and also challenging as they navigate life to become teenagers.

This workshop is designed to support parents/caregivers. It will look at increasing our understanding of Social media, the impact and how to keep our teens safe On-line.

- Topics include :-
- Pros & Cons of social media
 - Positive supervision of usage
 - Effective communication
 - Boundaries and limits
 - Safety features – Parental controls – Family centres

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Date: Wednesday 15th January 2025

Time: 7.00 - 9.00pm

Venue: On-line via ZOOM

Cost: £14.00/£5.00 concession (with proof)

Price is per parent/carer living in London



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On-line Course

Living with Teens

An 8-week course for all parents and carers of children aged 12yrs plus

Start Date: Wednesday 29th January 2025

End Date: Wednesday 26th March 2025

(8 sessions)

(No session 19th February due to half term)



Time: 7.00 - 9.00pm

Venue: On-line via ZOOM

Cost: £112.00/£40.00 concession (with proof)

Price is per parent/carer living in London

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Helping Families to Live and Learn Together

As a parent it can be exciting and satisfying seeing our children grow into unique individuals and also challenging as they navigate life as a teenager.

Topics include:-

- Understanding and acknowledging the needs of pre teens and teenagers
- Understanding why Teens do what they do
- Negotiating and setting limits
- Finding different ways to communicate effectively
- Peer pressure



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On-line Workshop

Positive Discipline

A 2-hour workshop for all parents /carers of
Teens aged 12+

Date: Monday 27th January 2025

Time: 7.00 - 9.00pm

Venue: On-line via ZOOM

Cost: £14.00/£5.00 concession (with proof)

Price is per parent/carer living in London



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Helping Families to Live and Learn Together

As a parent it can be exciting and satisfying seeing our teenagers grow into capable young adults and also challenging when they decide they want things their own way. We will look at parenting our teenagers with respect, making sure it's consistent and firm but fair, ensuring we create a long lasting positive relationship.

Topics include:

- Understanding the needs behind behaviour – Why teenagers do what they do?
- How to provide warmth and structure even when struggling with challenging behaviours
- Increasing Self –Esteem & Confidence
- Promoting mutual respectful
- Strategies to reverse unacceptable behaviour



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