



# Understanding your Teen's Behaviour Workshop

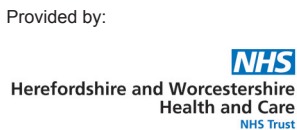
Tools & tips to live a calmer life with your teenagers.

- Teen brain development
- Risk taking
- Communication
- Sleep patterns

Suitable for families with children from 10-19 years

2 hour online workshop:

These workshops run across the county. Book by scanning the QR code to visit [www.trybooking.com/uk/eventlist/startingwellpartnership](http://www.trybooking.com/uk/eventlist/startingwellpartnership)



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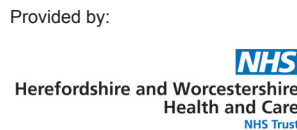
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