



## Talking Teens 2025

The Early Help Team in Barnet are offering a four-week programme for parents of teenagers.

### What is Talking Teens?

Teenagers are rewarding, stimulating and fun, but being a parent of one can be stressful and challenging. The Talking Teens Parent Group helps deal with those challenges so you can have a calmer, happier family life. A tried and tested Programme, it helps us think about what we do, why we do it and how it makes us feel and looks at questions that many parents have

### The Four Sessions

- 1: Being a parent of a teenager; The role of parents for teenagers; Responding to difficult feelings
- 2: Understanding your teenager; Understanding teenage development; Parenting styles; Praise and criticism
- 3: Communicating with your teenager; Talking and listening; Communicating clearly; Handling difficult issues
- 4: Managing conflict; Rules and boundaries; Choosing how to respond; Problem solving

**Start date: 23<sup>rd</sup> September 2025**

**End date: 21<sup>st</sup> October 2025**

**Time: 10am – 12.30 pm**

**Venue: Barnet and Southgate College**

**7 Bristol Avenue, London NW9 4BR**

**Contact number:**

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