



Are you a parent/carer of young people aged 10 to 18 years old?

Are you coping with all the pressures of daily life and trying to meet their need for time and affection?

Would you like to support your teen helping them to grow in confidence, self-esteem and respect?

Take 3

**A 10 week programme
designed for parents/carers**

A jargon free, common sense approach to parenting adolescents.

**The sessions will be supported by The Leeds United Foundation
who will be providing activities for the young people, alongside the
parent group**

STARTS

Thursday 19th September 2019 to Thursday 5th December 2019

6pm to 8.30pm

AT

Temple Learning Academy, Neville Road, Leeds, LS15 0NW

***To register your interest for the course or for more information
please contact***

Bev Scott on 07732604813 or Kath Riach on 07719423201

BE ONE STEP AHEAD