



**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 programme designed for parents/carers**

**A jargon free, common sense approach to parenting adolescents.**

***STARTING***

**April 2022**

**6pm to 8.00pm**

**at**

***Temple Moor High School Selby Road LS15 0PT***

***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***