

# Navigating the storm

## Free workshop for parents and carers of teens

Managing teen behaviour can be challenging for parents and carers, and it's completely normal to experience ups and downs during this stage.

Our workshop is designed to provide practical strategies to help parents and carers recognise and respond to their teen's behaviour in supportive and effective ways. The aim is to equip parents with tools to guide their teen through emotional regulation and navigate moments of distress with greater confidence.

### Date and times

Tuesday 19th May, 9.30am to 11.30am

Tuesday 2nd June, 7.00pm to 9.00pm

The workshops  
will be online via  
MS TEAMS



### To book your space

If you would like to book your space at our workshop, please **scan this QR code** to use the online referral form. If you have any questions, please call **Lesley** on **020 4522 8701** or email **services@coramfamilylives.org.uk**



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**www.coramfamilylives.org.uk**

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