

## Further Information, & Bookings

For more information on the course and how to book your place please:

Check out our WEBPAGE:

<https://www.southampton.gov.uk/familyhubs>

where you will find everything you need to know about our Family Hubs including What's on, our parenting courses and Referral form . **(Click what's on tab)**

For further information or enquiries please contact:

EMAIL: [Familyhub@southampton.gov.uk](mailto:Familyhub@southampton.gov.uk)

Hub Co-coordinator

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**We will be in touch to confirm places on the course**



EMPOWERING  
PARENTS  
EMPOWERING  
COMMUNITIES



## Living with Teenagers

## Online Zoom Evening

**A FREE 9 week course**

**For parents of young people aged 11-16 years**

**Bring up happy and self-confident Young people.**



**Venue: Online via Zoom**

**Day: Monday Evening's**

**Dates: 24<sup>th</sup> April -10<sup>th</sup> July**

**Times: 7pm-9pm**

## Who is the course for?

The Living with Teenagers Course is aimed at parents in Southampton **who have one or more children between the ages of 11- 16 years**. The course content includes:

- Managing risk
- Family meetings
- Exploring what it is like to be a teenager today
- Parental wellbeing
- Listening and communication styles
- Expressing and acknowledging feelings
- Privilege removal
- Household rules
- Discipline

This evidence based course is recognised nationwide and is written by the Centre for Parent and Child Support in South London and Maudsley Hospital, which is funded by the NHS.



## What is the EPEC Living with Teenagers Course?

The Empowering Parents Empowering Communities (EPEC) 9 week Living with Teenagers course offers accessible and effective community based parenting support for parents of adolescents aged 11-16 years. It creates a trusting group ethos, where parents are encouraged and supported to explore strategies to:

- Improve young people's social, emotional and behavioural development
- Improve young people's well being
- Reduce adolescent and family difficulties
- Improve parent confidence
- Improve parenting skills and satisfaction
- Improve social and community connectedness

## Why is it different?

The Living with Teenagers course is completely free and is co-facilitated by certificated volunteer parent group leaders who have completed EPEC training. Their experiences, backgrounds, skills and qualities make each session inviting and engaging.

