

# STRENGTHENING FAMILIES 10-14

## Helping your family work together

### UNDERSTANDING YOUR TEEN AND THEIR BEHAVIOUR FOR PARENTS AND TEENAGERS AGED 10-14

- Reduce behavioural and conduct problems
- Prevent anti-social behaviour
- Increase self esteem and confidence
- Improve parent child relationship and communications

Available at: Downside Neighbourhood Centre, Oakwood Avenue,  
Downside, Dunstable.

The course runs for 7 weeks from Mon 9<sup>th</sup> January to Mon 27<sup>th</sup>  
February from 5.30pm – 8.00pm (Buffet tea included)



Courses available free throughout Central  
Bedfordshire call the Central Beds Parenting Team  
on 0300 300 4925

or

[ginny.redbond@centralbedfordshire.gov.uk](mailto:ginny.redbond@centralbedfordshire.gov.uk)