

TIME OUT FOR PARENTS: THE TEENAGE YEARS

5 Wednesdays in June
Starting 15th June
12:45 to 2:45pm
Online via Zoom



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matters_{york}

A course led by trained facilitators to help you to navigate the challenges of the teenage years & the changes in your relationship with your child. With a mix of evidence based teaching & discussion time, you will grow in confidence & feel more equipped for your role as a parent.

For more info contact Helen Atkinson

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