

Understanding Your Teen



An 8 - 10 week group with sessions designed to give parents and carers the opportunity to meet new people who may be experiencing similar issues and develop their knowledge through peer support.

- Behavioural difficulties
- Developmental needs
- Parenting styles
- Explore feelings
- Ways to relax
- Attachment
- Understand brain development
- Relationships



Teens 11+ yrs

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It couldn't be easier...

There is no criteria, and no forms to complete - just call the contact details below, however, we will need to ask you some information to be able to ensure you access the right course at the right time.

You can also submit a form online at www.startingwellworcs.nhs.uk

Bromsgrove

call Pear Tree Family Hub on 01527 835775

Malvern Hills

call Sunshine Family Hub on 01684 577442

Redditch

call Holly Trees Family Hub on 01527 61360

Worcester City

call Tudor Way on 01905 749149 or Saffron on 01905 767107

Wychavon (Droitwich, Evesham and Pershore)

call Wands Family Hub on 01905 827391

Wyre Forest

call Brookside Family Hub on 01562 827207

We look forward to taking your call!

Parenting support is also available from other providers. Parents can speak to their child's school, health visitor or school nurse for more information.

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