



A Supportive Programme for Parents of Teens

# **Solving Together Opens Possibilities**

- Having a hard time with your teen?
- Want to support other parents?
- Looking for strategies to overcome confrontation?
- Want a better relationship with your teen?
- Learn to understand how your teen thinks!

STOP is a 10 week course, which aims to assist parents in understanding and coping with young people's problems. It will be two hours a week on Wednesday evening commencing on **22<sup>nd</sup> January**.

**For more information we will be holding a Meet and Greet Sign Up evening on Wednesday 8<sup>th</sup> January at 6pm at the Lancaster Centre. All parents welcome and treats available!**