

FAMILIES AND COMMUNITIES TEAM

## PARENT CARER WORKSHOP



### Connecting with your Teenager

Visyon's Family and Community Wellbeing Team are pleased to offer a **90-minute Parent Carer Workshop**. This workshop explores ways to communicate with your Teenager and how to build the all-important connection, to maintain a positive and supportive relationship with them. We will look at managing a challenging, argumentative and explosive Teenager and explore strategies for managing a challenging family environment.

This workshop is available to families in **Cheshire East** and will be held at Visyon in Congleton for **face-to-face** delivery.

If you would like to book a place on the Workshop, please contact the [FamiliesandCommunitiesTeam@visyon.org.uk](mailto:FamiliesandCommunitiesTeam@visyon.org.uk), who will contact you with further details. Places are limited and will be allocated on a first come basis.

### Parent Workshop

- Monday 26<sup>th</sup> June at 10:30am – 12.00 pm

