

TIME OUT FOR PARENTS

Help and advice on parenting in those teenage years to build strong relationships to enjoy family life.

Sessions include:

- Understanding teenagers
- Emotional resilience
- Communication
- Parenting styles and boundaries
- Big issues
- Big issues, strong families



**A 6-week course starting Wednesday 1 October
7.30pm-9pm
on Zoom**

MFT supports adults in Surrey to improve and maintain their mental wellbeing through one-to-one support, courses, groups and activities.

To book your place, you need to register with MFT first and then contact:
01372 375400, text 07929 024722,
email info@maryfrancestrust.org.uk
or visit www.maryfrancestrust.org.uk
or scan our QR code



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Inspiring Mental Wellbeing