



Teen Discussion Groups

What?

Are you a parent/carer struggling with your teen's everyday behaviour? Come to one of our free discussion groups to meet other parents and gain useful strategies to deal with common issues.

Where?

**Bexhill Academy, Gunters Lane, Bexhill
TN39 4BY All sessions 6-8 pm**

When?

12th June – Getting teenagers to co-operate
19th June – Coping with teenagers' emotions
26th June – Reducing family conflict
3rd July – Teenage survival skills
10th July – E-safety



To book your free place
call Sue Antell – 07736 635305 or
Teresa Barker – 07808 024736 or email
sue.antell@eastsussex.gov.uk or
teresa.barker@eastsussex.gov.uk