

Getting on with your pre-teen or teen

Sign up to our 6-week online group

Is your teen feeling anxious or isolated? Are you concerned about their mental health and struggling to know how best to support them?

Learn how parents can best emotionally support their teen and feel confident and prepared for whatever challenges might arise.

Date, time and venue



Friday 5th June to 10th July 2026



9.30am to 11.30am



This course will be delivered online via MS Teams

To book your place, call Louise on **0204 522 8700**, email **services@familylives.org.uk** or scan our QR code to use our online referral form



Scan Me!

We build better family lives together

www.coramfamilylives.org.uk



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