

ParentingNI

Practitioner Training

Being a parent of a teenager can be challenging, especially now with Covid-19. Parenting NI are providing the following **FREE ONLINE** sessions for **PRACTITIONERS** to help them support parents of teenagers.

- Understanding Teen Development – Thurs 5th Nov – 10 – 11am **FULLY BOOKED**
- Supporting Teenagers Emotional Health – Thurs 12th Nov – 10 – 11am **FULLY BOOKED**
- Improving Relationships with my Teenager – Thurs 19th Nov – 10 – 11am
- Promoting Teenagers Resilience – Thurs 26th Nov – 10 – 11am
- Supporting Teenagers with their Body Image – Thurs 26th Nov – 1 – 2pm
- Parenting a Teenager – Thurs 3rd Dec – 10 – 11am
- Reducing Risk Taking Behaviour – Thurs 3rd Dec – 1 – 2pm
- Reducing Conflict in the Home – Thurs 10th Dec – 10 – 11am
- Promoting Teens Independence – Thurs 10th Dec – 1 – 2pm
- Supporting Parents Emotional Health – Thurs 10th Dec – 7 – 8pm
- The Teenage Brain with Dr Coleman – Tues 24th Nov – 10 – 11.30am **FULLY BOOKED**

To register: parentingni.org/professionals/training/training-calendar/

