



SUPPORTING PARENTS OF TEENAGERS

Six week course



Youth and Families Matter
listening . caring . empowering

YOUTH AND FAMILIES MATTER

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YFM IS THE COMMUNITY PROJECT OF
TESTWOOD BAPTIST CHURCH



The Queen's Award
for Voluntary Service

Supporting parents of teenagers (SPOT) is a course for parents of teenagers (or those soon to be teenagers).

The six week course looks at topics such as how well do you know your child, parenting styles, communication, behaviour and conflict resolution, rules and boundaries and support networks.

The course usually runs on a Monday evening or Thursday morning.
