



## 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 Colman ~ Tues 24th Nov ~ 10 - 11.30am **FULLY BOOKED**

To register: [parentingni.org/professionals/training/training-calendar/](https://parentingni.org/professionals/training/training-calendar/)



The   
Community  
Foundation  
Northern Ireland



[parentingni.org](https://parentingni.org)

This project has been supported by the Community Foundation for Northern Ireland through the New Need Fund