

# Parenting Tween Workshops



**DARLINGTON**  
Borough Council

**A universal offer of parenting workshops delivered across Darlington supporting you with the trials, tribulations and frustrations that tweens and teenage years can bring.**

**Session 1 - Understanding Tweens**

**Session 2 - Teenage Brain**

**Session 3 - Cooperating with your teen**

**Session 4 - Coping with emotions**

**Session 5 - Risk Taking**

**Session 6 - Internet Safety**

**Session 7 - Relationships**



**ALL THE WORKSHOPS ARE TAKING PLACE AT  
MCNAY STREET CHILDRENS CENTRE  
PLEASE RING 01325 406250 TO BOOK A PLACE  
AND CONFIRM WHICH  
WORKSHOPS YOU ARE INTERESTED IN**