

Register for our
online free sessions
for parents

Tuning in to Teens



LED BY SOMERSET'S MENTAL HEALTH SUPPORT TEAM

Would you like to feel more confident at:

- ✓ Helping your teen cope with big feelings?
- ✓ Staying calm and confident during challenging moments?
- ✓ Helping your teen deal with conflict?
- ✓ Building a stronger, more positive relationship with your teen?

"I HAVE LEARNT A LOT THAT
I DIDN'T EVEN CONSIDER!
I FOUND IT VERY HELPFUL"

PARENT



12:30-14:30



Mondays: 11th January, 18th January, 25th January,
1st February, 8th February 2027



Virtually via MS Teams

(you need to be able to
attend all 5 dates)



[Click here to Register](#)

Or search bit.ly/TINT11thJan



Suitable for parents & carers
of children aged 10-16

