

Understand your teenager's behaviour

**FREE
6 WEEK
COURSE**

Do you find it hard to cope with your teenager's behaviour?

Does your teenager engage in:

- Violent behaviour
- Verbal abuse
- Stealing
- Substance misuse
- Poor school attendance

Horsham District Council's Community Safety team runs a free course called 'Understanding Teenage Behaviour', which has been designed to empower parents to think about the behaviour of their teenager and manage it using a range of tools for improving communication, setting boundaries and putting consequences in place.

The course has been put together by a psychologist and uses a cognitive behaviour approach. Course content can be adapted to meet the needs of the parents attending.

To register your interest call Shelley Gosden, Community Safety Officer on 07734 231040