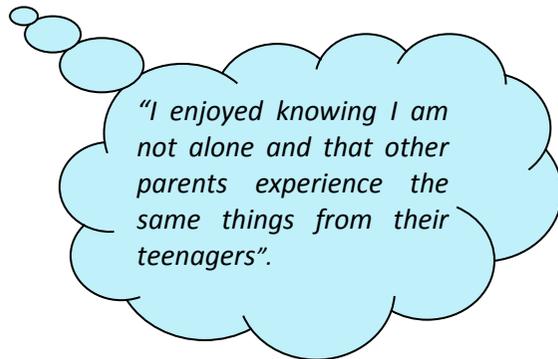


Who is the “Blame My Brain” course for?

A programme that aims to help parents/carers develop an understanding of their changing role as their child becomes a young adult.

Parent/Carer’s voice:



What does the course involve?

“Parenting teenagers can be tough”

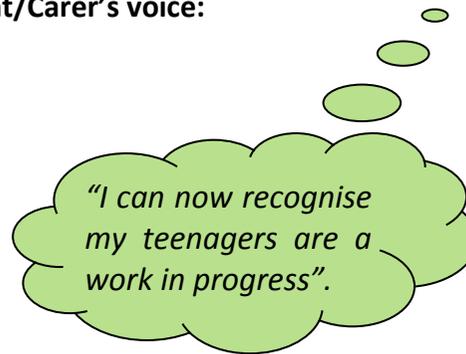
This course aims to explore issues such as why teenagers take risks, seem argumentative or struggle to get out of bed in the morning.

We look at current difficulties teenagers and parents face today, and how to translate their behaviour into a less complicated meaning.



Find us on Facebook

Parent/Carer’s voice:



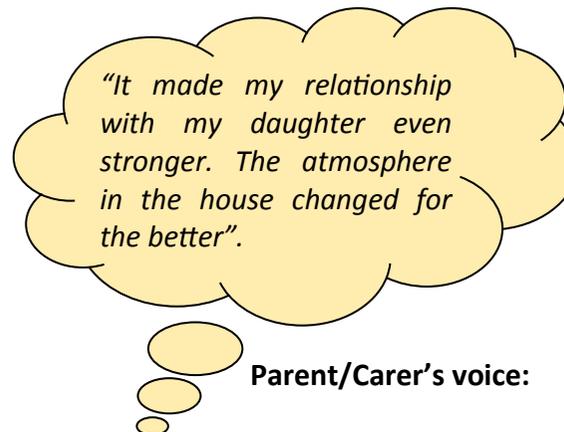
When and where do the courses run?

- The course runs several times a year
- You will be offered a place on the next available course

Sessions are

7 :00 pm – 9:00 pm for 6 weeks

*** Please contact us for dates**



Parent/Carer’s voice:

You may also be interested in the following courses:

Keeping Children in Mind

A programme for parents/carers who are separating, separated or divorced, looking at the effects of change in all members of the family. This course is on the:

Last Wednesday of every month -

6:00 pm – 9 :00 pm and

Last Friday of every month -

9:30 am – 12:30 am

The Incredible Years

A programme for parents of 3-10 years olds; a practical guide, filled with examples of everyday problem situations and concerns, and step-by-step suggestions on how to handle them. Includes sleep and behaviour difficulties.

All courses cost £50.00. Please note you may be eligible for a voucher . To obtain it, please call us.

*** Application form at the back.**

Please contact us for dates, times and availability :

Telephone: 01534 449481

Email: parentingadmin@gov.je

Visit: www.gov.je/parentsupport

