

The newest research shows that the period of adolescence can begin around 10 years and may continue up to 25 years! So, if you think your 10-year-old already acts like a teenager that's probably because the changes in the brain that take place during adolescence may have already started!

It also tells us that this is the 2<sup>nd</sup> most complex period of development in our child's life. If you would like to know more about this and how to best support your teenager; book a place on the new 4-week programme delivered by trained practitioners by completing the request form on our website:

<https://www.coventry.gov.uk/parenting>

THE TEENAGE BRAIN

COMMUNICATION

MANAGING CONFLICT

Talking Teens:  
Your Guide to  
Understanding  
Teenagers



**FAMILY LINKS**  
The Centre for Emotional Health

MAINTAINING  
RELATIONSHIPS



DIFFICULT ISSUES

New 4-week programme available for ALL parents and carers of teenagers in Coventry

**Beginning Wednesday 10<sup>th</sup> January 2024**

**Weekly 9:30-11:30**

**Aspire Family Hub**

**Humber Avenue, Coventry**

To book visit: <https://www.coventry.gov.uk/parenting>