

**Talking Teens is a 6-week programme designed to enhance the transition from childhood to adolescence, by encouraging positive parenting and relationship building.**

 **Suitable for Parents of teenagers, 11-18 years of age**

**The sessions cover:**

* **Effective communication**
* **Relationship building**
* **Managing conflict**
* **Building self esteem**
* **Managing problem behaviour**

**Coming to…**

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| **South****Bierley Life Centre** – Tuesday 11th September 5.45pm-8.15pm**Hill Top Primary School** – Thursday 19th September 9.30am-12.00pm**Contact: 01274 432639 familyhubsouth@bradford.gov.uk** | **West****Farcliffe –** Wednesday 25th September 1.00pm-3.30pm**Contact:01274 436700 familyhubwest@bradford.gov.uk** |
| **Keighley & Shipley****Rainbow –** Tuesday 23rd September 9.30am-11.30am**Shipley** – Friday’s Time TBC October 2019**Contact:01535 618005 familyhubkeighleyshipley@bradford.gov.uk** | **East****Barkerend –** Thursday 1st August 5.30pm-7.30pm**Contact: 01274 437523 familyhubeast@bradford.gov.uk** |

**Not sure which group to attend? Please use our postcode checker to ensure you are contacting the correct Family Hub – Link:** [**https://www.bradford.gov.uk/children-young-people-and-families/family-hubs/postcode-checker-for-family-hubs/**](https://www.bradford.gov.uk/children-young-people-and-families/family-hubs/postcode-checker-for-family-hubs/)