

## Parenting Teenagers?

From this November BGBC will running 'the parenting teenagers course'

### What is it and who is it for?

This course is written for those parenting 11 - 18 year old and was started by HTB in London.

It is for any parent or carer of children aged between 11 and 18, whether yourself to have strong parenting skills or are struggling, and whether you are parenting as a couple, single parent or as a step-parent.

It is an informal course with plenty of chances to talk together, with other parents and through the DVD and material pick up some great practical skills!



## When is it?

We plan to hold the course over 10 sessions and propose to hold these fortnightly on a Friday night from the start of November.

Starting on Friday 1st November with 4 sessions being held before Christmas and the remainder in the New Year.

## What do I need to do?

If you want to come along please register with the course organisers Richard and Angie Anstead (parents of twin 12-year old's who attend the afternoon service). You can email them at [richardanstead@yahoo.co.uk](mailto:richardanstead@yahoo.co.uk) or call 01732 761294.

Once numbers are confirmed we will decide on a venue but this is likely to be at BGBC or at the Anstead's home in Kemsing.