

# Parenting Teens During Times of Uncertainty online workshop

When: Tuesday 20 October 2020

Time: 7.00pm

Where: Virtually (Microsoft Teams)

The talk will cover a range of topics including:

## **Sleep:**

- ◇ Why it is important and how to help your teen get more of it

## **Communication and Relationships:**

- ◇ What parents can do when teenagers won't listen and how to manage your own feelings during parent-child disputes

## **Signs and Symptoms:**

- ◇ What to look out for if you're worried your child might be feeling low or anxious

If you would like to join us for this workshop please email  
**WandsworthWP@swlstg.nhs.uk** You will receive a link to the  
workshop on 20 October.

