

HOPE Virtual Parent Support Everything Tween & Teen !

**Tuesday 21st Nov 7pm &
Thursday 23rd Nov 10am**



- Exploring the teenage brain
- Well-being and stress
- Setting boundaries
- Healthy relationships and online behaviour
- Keeping communication
- Useful resources

Reassuring
Insightful
Caring

Hopeful
Encouraging
Validating

Time for chat and questions

*Feel free to listen off camera and mic
or use the chat facility to participate*

HOPE Parent Support Sessions;

**a safe place to find information, chat and learn from
each other through shared experience.**

To find out more contact your HOPE
mentor in school or Keddie on
07508 176043

keddieHOPE2021@outlook.com

Register HERE



SCAN ME

HOPE
Helping
our Pupils'
Emotions

<https://us02web.zoom.us/join/register/tZwsde6gqT0jG9Z1P-U0lckA4Y7KBzYDihxU>