



**Want to better understand your
teenager's behaviour?**

**Learn about teenage development & wellbeing by
attending our Online Understanding Teens Group**

About: Understanding Teens

The course is run by the NHS Fife Psychology Department. This course is aimed at parents of teenagers, and runs over six weeks. Sessions take place over Zoom, and lasts roughly 1.5 hours. The course works best if you attend all six sessions. The course content includes:

- Changes in the Adolescent Brain
- Teenage Emotion Regulation
- Protecting Your Relationship with Your Teen
- The Challenges of Adolescence
- Dealing with Difficult Behaviour
- Parental Wellbeing

This course provides parents with evidence-based explanations for changes in teenage behaviour, and with relationship-based strategies to boost young people's self-esteem and emotional wellbeing.

You will NOT be expected to discuss your personal problems or situation. This is an informational course

Contact Us

Information on how to book is available on

www.accesstherapiesfife.scot.nhs.uk

You can also email, call or write to us and
we will get back to you:

Fife-uhb.atfife@nhs.net

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(please leave a message)

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