

Riding the Storm



Are you a parent of a teenager?

Would you like some help with your relationship with them?

Relate North East is offering a one day workshop called “Riding the Storm” which will include;

- Communication
- Realities of being a parent
- Understanding yourself as a parent
- Useful Interventions for you and your teen

The workshop will last for 5 hours. Refreshments included but please bring your own lunch

Where?	Willington Childrens Centre Chapel Street, Willington,DL15 0EQ
Date	5 th October 10am to 3pm
Cost	Free to residents of County Durham (except Darlington) £50 to others

Places are limited – book your place now by calling us on 01325 461500 or email us - counselling@relatenortheast.org.uk

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relate
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