

# Lifelong Learning & Employability

## Raising Teens with Confidence At Aim Woodburn Primary School



This free course aims to give parents and carers increased understanding about how they can best support their teenage children to navigate this time of change and help promote family resilience. Includes sessions on

- 'The Amazing Teenage Brain'
  - 'Risky Business'
  - 'The Brain under stress'
  - 'It's Good to Talk'
- 'Looking After Your Wellbeing'.

Starts Thursday 3rd May  
1.15 – 3.15pm  
For 6 weeks

**To book**

**phone: 0131 271 3481**

**or**

**Email [Sandra.davidson@midlothian.gov.uk](mailto:Sandra.davidson@midlothian.gov.uk)**

**SKILLS FOR LEARNING, LIFE & WORK**

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