

# Time Out for Parents - The Teenage Years



*Do you have a pre-teen or a teenager?*

*Many parents find adolescence the most demanding time in their relationship with their child. There are many new challenges to face and it's often hard to know what to do for the best.*

*Family Matters York are running a 5-week course for parents of pre-teens and teenagers.*

*We'll be looking at some of the issues and how to survive!*

*Date: Wednesdays 10, 17, 24,  
31 Jan 7 Feb*

*Time: 9.30 to 11.30am*

*Venue: The Gateway Centre,*

*Front St,*

*York YO24 3BZ*

To book a place or for any further information please  
contact Helen Atkinson on 07393 147259  
or email [helenatkinson@fmy.org.uk](mailto:helenatkinson@fmy.org.uk).

The course is free to attend thanks to generous funding  
from York City Council.

**family**  
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