



Do you lack confidence as a parent?

Would you like better relationships in your family?

Feel like you've tried everything to make things better?

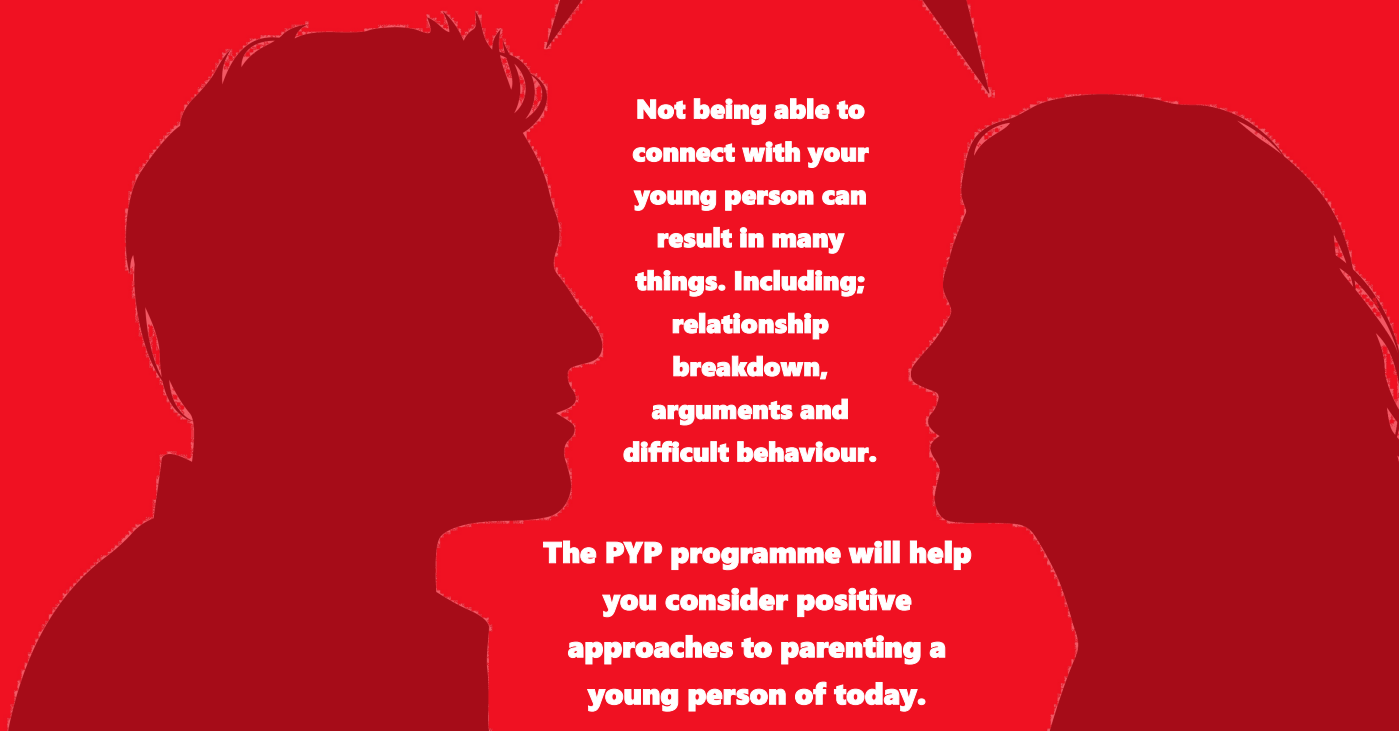
**YOU
ARE
NOT
ALONE**



GET INVOLVED IN OUR FREE PROGRAMME:

- Share ideas and help co-design the programme
- Learn to use Psychological tools
- Connect more effectively with young people
- Understand adolescent behaviour
- Be part of a parenting community

IDEAL FOR PARENTS OF YOUNG PEOPLE AGED 11-19



Not being able to connect with your young person can result in many things. Including; relationship breakdown, arguments and difficult behaviour.

The PYP programme will help you consider positive approaches to parenting a young person of today.