

# Time to Talk about Pre-Teens and Teens



Is your teen feeling anxious or isolated in the wake of Covid-19? Are you concerned about their mental health and struggling to get help? Or do you have a FFA/CIN/CP? Join our free online group for valuable advice and help on how to support and manage their behaviour.

**When: Wednesday 23 February to 30 March**

**Time: 9.30am - 11.30am**

**For more information, contact Louise on 0204 522 8700 or 8701 or email [services@familylives.org.uk](mailto:services@familylives.org.uk)**

**We build better family lives together**

[www.familylives.org.uk](http://www.familylives.org.uk)

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