

# HOPE Virtual Parent Support

## Everything Teen !

**Tuesday 14th Feb 7pm &  
Thursday 16th Feb 10am**



- Exploring the teenage brain
- Sleep
- Setting boundaries
- Healthy relationships and online behaviour
- Keeping communication
- Useful resources

Reassuring  
Insightful  
Caring

Hopeful  
Encouraging  
Validating

**Time for chat and questions**

*Feel free to listen off camera and mic  
or use the chat facility to participate*

## HOPE Parent Support Sessions;

**a safe place to find information, chat and learn from  
each other through shared experience.**

To find out more contact your HOPE  
mentor in school or Keddie on  
07508 176043

keddieHOPE2021@outlook.com

**Register HERE**



SCAN ME



<https://us02web.zoom.us/meeting/register/tZwsde6gqT0jG9Z1P-U0lckA4Y7KBzYDihxU>