



# LET'S TALK TEENAGERS

## Dates:

- Tuesday 14/03/23 7pm to 8.30pm
- Tuesday 21/03/23 7pm to 8.30pm
- Tuesday 28/03/23 7pm to 8.30pm

## Free support sessions for parents and carers



Have you got teenagers? Join us online for a chat about some of the challenges young people are facing today, and find out what tools you can use to support them.



We'll be running weekly 90 minute twilight sessions covering topics such as:

- drugs and alcohol
- body image
- safety online
- mental health
- social risks
- peer pressure



Visit <https://Letstalkplymouth.eventbrite.co.uk> to find out more about each session and book your free place.

