

Navigating the Teen Years

Oxford Hub
Windale Primary School
Windale Avenue
Oxford OX4 6JD

Connect with other parents, share experiences, and find support in creating a positive environment for your family.

Come along to gain valuable insights into:

- Teenage brain development
- Maintaining healthy relationships
- Managing conflict
- Building resilience
- Setting boundaries
- Keeping safe on phones and online.



**Oxford
Hub**

6 Week Course

Wednesdays 9:30 - 11:30

5th November - 10th December

To book a place please contact Penelope (teacher of the course) from Abingdon & Witney College.



penelope.lea@abingdon-witney.ac.uk