



**OFF THE RECORD
'YOU FIRST' COURSE**

An insights program for parenting in the 21st century

WHAT?

TO HELP PARENTS & CARERS OF YOUNG PEOPLE AGED 11-25 TO:

**Learn more about themselves and how life experiences shapes parenting
Explore the challenges of young people today & learn the skills to help empower and support them.
Gain personal insights for parenting in a different way.**

What will you get?

As well as an understanding of life as a young person in the 21st century, you will receive a combination of education of the teenage brain, increased self-awareness, emotional intelligence, coaching skills, and an alternative approach to parenting.

Also, share experiences and become part of a parenting community to support each other beyond the course.

WHEN?

EVERY THURSDAY 9:30-12:30 20/1-3/3

WHERE?

LEIGH PARK COMMUNITY CENTRE

HOW TO BOOK?

07709552130 OR VICKYS@OTR-SOUTH.ORG.UK