

Parenting in a  
Pandemic...

Is your 11-16 year  
old struggling  
during lockdown?

Looking for ways  
to cope side by side?

We can  
help.

**If you are a parent or carer living in Leicester, Leicestershire or Rutland, you and your young person (aged 11 – 16 years) can access our FREE online group sessions.**

The set of 4 sessions for parents and 4 sessions for young people complement each other so you can start to make positive changes quickly. The hour-long sessions are delivered via Zoom and we will explore...

- Communicating as a family
- Dealing with difficult feelings and emotions including worry, anxiety and anger
- Promoting good mental health
- Ways to reduce difficult behaviour

The sessions will give you and your young person the opportunity to...

- Discover you are not the only ones dealing with these problems
- Work together with others to share ideas and find solutions that work for you
- Become more confident and less stressed

Sign up for Parenting in a Pandemic for FREE  
at <http://www.cffcharity.org.uk/programmes>  
or call Kate Harris 07704 973230 / CFF Office 0116 223 4254

