

TARGETED YOUTH SUPPORT (TYS) WORKSHOP SERIES 4/4

Stronger Together: How Connected Families Support Child Mental Health

As part of our ongoing work with families, Targeted Youth Support has developed a series of practical workshops.

Join us for a workshop designed for parents of adolescents. This session will offer an accessible overview of how the teenage brain develops and how those changes can affect emotions, behaviour, and family dynamics.

We'll explore the vital role strong family connections play in supporting mental wellbeing, and share practical communication strategies, to help deepen understanding and build trust.

The workshop will also unpack the difference between control and connection, showing how nurturing relationships can foster resilience during adolescence.

**Monday 9th February
12:30-2:30pm**

This session will be held at the Tower Hamlets Town Hall, 160 Whitechapel Road, London, E1 1BJ.

For more information about this workshop, or about Targeted Youth Support, please get in touch via e-mail: targetedyouthsupport@towerhamlets.gov.uk.



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code to get
signed up**

