

**FREE**

## online parenting workshop



# Understanding Your Teen

**Tuesday 28<sup>th</sup> April 2026**  
**10:30am-12:30pm**  
**via MS Teams**

**Delivered by**  
**Sabrina Meakins**  
**Counsellor & Psychotherapist**

Adolescents feel like a great mystery to their parents, often left wondering what they get up to when they close their bedroom doors once they get back from school, or simply what they are thinking

*The session will cover:*

- \* *Child and adolescent emotional development*
- \* *Understanding your child better*
- \* *Empathising with your child*
- \* *Adolescent emotional and mental health*
- \* *A chance to have your questions answered*

The session is aimed at parents/carers of young people aged 12-18

email [parentingserviceadmin@ealing.gov.uk](mailto:parentingserviceadmin@ealing.gov.uk) to register or for more info