Bexley Voice

Support • Inform • Signpost • Empower



# Adolescence - Hormones, Neurons and Emotions

**How does adolescence impact our children and what can we do to support them?**

This session will help parents and carers to develop an understanding of the significant physical, hormonal and cognitive changes that adolescence brings.

We will think about what this looks like in teens (including neurodivergent teens) and explore how, as parents and carers, we can understand, communicate with and support children through this sensitive period of change and development.

This session will be delivered by:

- Tamsin Cox, Principal Educational Psychologist, Bexley

**www.bexleyvoice.org.uk**

## Parent Carer Workshop

**Tuesday 17th November 26**

**10am - 12noon**

**The Danson Youth Centre**
**Brampton Road**
**Bexleyheath**
**DA7 4EZ**

Our free parent carer workshop series provides Bexley Voice members with the opportunity to get information relating to your child or young person's additional need and/or disability. Apply for free membership via our website.
We cover various topics according to parental demand.

Advanced booking required at:

https://bexleyvoice.org.uk/calendar/item/61957428

or scan the QR code: