

# Parenting Teenagers

getting them (and you!) through

Presented by bestselling authors  
and international speakers  
**Rob Parsons** and **Katharine Hill**



Do you feel like your teenager has become a different person overnight? Will they go out with you only if you wear a brown paper bag on your head? Or maybe your child is almost a teenager and you're feeling a bit apprehensive about what's ahead.

## It's normal!

There's hardly a mum or dad on the face of the earth who, at times, is not overawed by the task of parenting. And it's the teenage years that can be particularly challenging – especially the struggle to understand and keep up with our children's physical and emotional changes. At times like this, we often need a bit of encouragement and a reminder that we are not alone.



### Rob Parsons, OBE

Rob Parsons is the founder and chairman of Care for the Family and a bestselling author. He is an acclaimed, international speaker who has brought words of insight and inspiration on family issues to over a million people across the world. He is married to Dianne and they have two children and five grandchildren.

At *Parenting Teenagers – getting them (and you) through* Rob Parsons and Katharine Hill will look at some of the common issues faced by parents of teenagers. They'll share insights and ideas gained from their personal experience of working alongside parents for over thirty years. The evening will help you, as mums and dads of teenagers, feel empowered and encouraged and, most of all, it will help you know that the challenges you face are not unique.



### Katharine Hill

Katharine Hill is the UK director of Care for the Family. Each year she addresses thousands of people on family issues. She has broadcast widely and written several books on parenting, the latest of which is *Left To Their Own Devices? – Confident Parenting in a World of Screens*. She is married to Richard and they have four grown-up children.

As well as sharing leading edge research and great ideas, Rob and Katharine promise to share some of the ups and downs from their experience as parents of teenagers. **You will go home with hope!**

Join Rob and Katharine as they explore some of the hot topics for parents of teenagers:

### UNDERSTANDING YOUR TEENAGER

Recognising the ways in which your child is changing – including what's going on in their brain.

### PUBERTY, PRIVACY AND PORN

Confident parenting in a world of screens.

### IDENTITY

Helping your teenager develop a healthy self-esteem and discover who they are.

### STAYING CONNECTED

Answering the biggest question on the lips of every teenager.

### THE TESTING TEENAGER

Three great strategies for when the going gets tough.

### LETTING THEM GO

Getting your teenager ready for the day you're not there.

#### You will come away with:

- An understanding of your teenager's world
- The confidence to choose your battles
- Strategies to help your teens face the big issues
- Encouragement ... and hope!

"I feel it helped me understand my daughter and her world."

"I learned how important acceptance is and boundaries on social media."

# Join us at this inspiring event!

## GLASGOW

**Tues 10 October**

Woodhill Evangelical Church, G64 2NH

## CLAPHAM COMMON

**Wed 11 October**

St Barnabas Church, SW4 9SW

## WOLVERHAMPTON

**Thurs 12 October**

LifeSpring Conference Centre,  
WV3 0QT

## SOUTHAMPTON

**Tues 7 November**

King's Community Church, SO30 4BZ

## EXETER

**Wed 8 November**

Belmont Chapel, EX1 2DB

## PLYMOUTH

**Thurs 9 November**

Hope Baptist Church, PL3 4QG

## LURGAN

**Tues 14 November**

Emmanuel Church, BT67 9BY

## FELTHAM

**Wed 15 November**

Riverside Vineyard Church, TW13 7EQ

## SWINDON

**Thurs 16 November**

Citifaith International Church, SN1 1JL

Event times will be 7.30 pm to  
10.00 pm (doors open 6.45 pm).

## Book today!

 [careforthefamily.org.uk](mailto:careforthefamily.org.uk)  
 /parentingteenagers

 029 2081 0800

## Ticket prices

4 or more tickets

£5 each

1–3 tickets

£6 each

On the door

£7 each

Partner rate

£4 each

 /careforthefamily  @Care4theFamily

Please note we don't have the facilities to accommodate babies and children at this event.

Care for the family has been supporting and encouraging families in the UK and the Isle of Man since 1988 through training courses, seminars and other incentives.

Care for the Family – a Christian response to a world of need.

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