

Bitesize parenting support @ libraries
edinburgh.gov.uk/bitesize-familysupport



Free parent/carer information sessions in our libraries. **Supporting Young People's Mental Health**

The Teenage Brain (for parents and carers of pre-teens and teenagers)

Sessions are delivered by Andrena Graham and Jill Coleman, Parent and Carer Support Development Officer.

What's going on in that head of yours?

The teenage years bring big changes for young people and their parents and carers. This session explores how brain development influences behaviour and offers practical tips to help parents and carers understand, support, and empower their young people to thrive. There will be an opportunity to ask questions and find out more about the wide range of supports that are available to support you and your child.

Venue: Fountainbridge Library 137 Dundee Street EH11 1BG

Date: Monday 7th September

Time: 6.30pm - 7.30pm

Venue: Portobello Library 14 Rosefield Avenue EH15 1AU

Date: Tuesday 27th March

Time: 5.30pm - 6.30pm

To find out more

We're adding more courses all the time. Find out what other sessions we're running at www.edinburgh.gov.uk/bitesize-familysupport

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