NHS Fife Child and Family Psychology Service

Understanding Teens

Is your child moving into S1?
Adolescence marks an important milestone in your child's development.
Help them prepare for the years ahead.

Check out this video for more information

Workshop 1: Teenage brain development
Workshop 2: Strengthening the parent-teen relationship
Workshop 3: Effective communication with teens
Workshop 4: Setting boundaries and expectations
Workshop 5: Supporting Teens emotional wellbeing
Workshop 6: Peer relationships and social media use
Workshop 7: Understanding neurodivergence

Access Therapies Fife

NHS Fife

To book a place, please visit www.accesstherapiesfife.scot.nhs.uk or scan the QR code at the bottom right.