

Living with Teenagers - exploring risk and safety beyond the home

Date: Monday 26th January 2026

Time: 10.00am - 12.15pm

Venue: Zest Centre, 18 Upperthorpe, Sheffield, S6 3NA

Duration: 4 weeks

A 4-week group for parents and carers of young people aged 10 to 16. The group is run by trained EPEC (Empowering Parents, Empowering Communities) parent leaders, Community Youth Services, and Sheffield Parent Hub. The programme will help you to:

- understand and manage yours and your teen's feelings
- guide your teen through risks in the community
- communicate with your teen
- use positive behaviour strategies
- cope with stress as a parent



For more information or to book, please contact

Sheffield Parent Hub



0114 205 7243



SheffieldParenting@sheffield.gov.uk



Living With Teenagers

Empowering Parents, Empowering Communities (EPEC)

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