



Please contact:

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[http://dorsetyouth.com/
strengthening-families.html](http://dorsetyouth.com/strengthening-families.html)

How is it being a young person?

- ⇒ Is it easy to talk to your parents / carers?
- ⇒ Do you feel pressured by your peers?
- ⇒ Do you feel stressed or anxious?
- ⇒ Does your confidence need a boost?



**If you are age 10-14 this could help
Come along with your parents / carers and learn
ways to reach your goals, meet others and have fun**

Strengthening Families 10-14 UK

Parents / Carers see over....



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How is it being a parent/carer?

- ⇒ Is it easy to talk to your young person?
- ⇒ Do you feel able to help them reach their goals?
- ⇒ Is it difficult to set boundaries and limits?
- ⇒ Would you like to understand each other better?



**If you would like to have more ways of
dealing with your young people age 10-14,
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