

The online programme takes place in the evenings or mornings and runs several times a year.

## Referrals

To find out more information about the programme and upcoming groups please email us at [familyservice@brandoncentre.org.uk](mailto:familyservice@brandoncentre.org.uk)

Self-referrals or professional referrals are accepted and can be made by calling **07939 833 069** Mon-Thurs, or **020 7267 4792** Ext **401** on Fridays or emailing [familyservice@brandoncentre.org.uk](mailto:familyservice@brandoncentre.org.uk)

## Contact details:

**Brandon Centre**

**26 Prince of Wales Road**

**London**

**NW5 3LG**

Tel: **020 7267 4792**

Email: [familyservice@brandoncentre.org.uk](mailto:familyservice@brandoncentre.org.uk)

Website: [www.brandoncentre.org.uk](http://www.brandoncentre.org.uk)



**Brandon  
Centre**

updated / Sep 2024

# Parenting with Love and Limits

A group programme for parents/carers  
of teenagers aged 12-16

**Brandon  
Centre**  
Here for Young People

## A group programme for parents/carers of teenagers aged 12-16

This parent programme is for parents and carers facing challenging behaviour from their teenager (age 12-16). The programme offers parents practical guidance in changing and improving challenging teenage behaviour. Many of the parents who attend the programme are finding their teen's behaviour at home difficult to manage, some are concerned about how their teen is behaving at school and others are worried that their teen is getting into trouble with the police.

A group of parents meet weekly for six 1.5 -2-hour sessions with qualified mental health professionals who have experience in working with young people and their families. Sessions cover:

- Underlying reasons for behavioural difficulties
- Button-pushing and learning how to remain calm and in control when being provoked by a teenager
- Using rules and behaviour contracts to set clear boundaries for teenage behaviour
- Using rewards and consequences to help stop extreme behaviour such as threats and acts of violence, truancy
- Guidance and strategies for managing teenager's use of mobile phones, laptops, PCs, Play Station etc.
- Strategies to restore love and a positive relationship between parent and teenager while remaining firm and sticking to rules and boundaries.

Feedback quotes from parents:

**“Non-judgmental atmosphere.”**

**“Many of the topics / discussions felt incredibly relevant and useful.”**

**“It is a very friendly forum based on trust and shared experience.”**

**“We both feel more confident to implement strategies.”**

**“I'm very happy to have taken part in this extremely helpful course. Highly recommended.”**

**“This is such a brilliant course. We enjoyed it so much and have got a lot from it. We look forward to implementing the useful nuggets we have learned.”**