



Craigentinny Community Centre

Wednesdays

May 14th, 21st, 28th, and June 4th,
11th, 18th 2025

6.00pm-8.00pm

9 Loaning Rd, Edinburgh EH7 6JE

This free 6-week course aims to give all parents and carers the latest findings from evidence and research to explain what influences the development of positive mental health and emotional wellbeing, and why what you do makes such a difference. **Recommended for parents and carers of children aged P6/P7 and high school years.**

Over six two-hour sessions we will cover the following topics:

- Why what you do matters: Explores definitions of emotional wellbeing and why relationships remain critical to developing positive emotional and mental health.
- The Amazing Teenage Brain: What's going on in there? An introduction to brain development research, helping to explain some teenage behaviour.
- Risky Business: Managing adventure, risk and resilience. Taking risks is a normal part of the teenage years and this session looks at why this is important and ways to positively manage this.
- It's Good to Talk: The importance of staying connected. Communication techniques can prevent arguments becoming the norm whilst supporting positive relationships.
- The Brain Under Stress: Overcoming setbacks and promoting resilience, understanding how the brain responds to stress.
- Looking After Your Wellbeing: Coping with the changes, we explore how parents and carers can look after their own wellbeing.

For more information or to book your place on the 6 week course, or request details on future dates, please contact: EngagingFamilies@edinburgh.gov.uk or [Book here](#)

Raising Teens with Confidence -
parents training courses

