

The Togetherness Approach, Teenager



Wigan
Council

- Understand your child's behaviour and how they communicate.
- Recognise how your child is feeling and their emotions
- Reduce the difficulties you face in everyday life.
- Improve how you communicate with your teenager
- Understand the importance of spending quality time together

Develop good routines and boundaries in collaboration with your child



We're rebranding and refreshing our offer for our rapidly changing world, Our new name is TOGETHERNESS

Togetherness builds on more than 25 years of impact. Now is the time to amplify that impact, expanding our reach, deepening our engagement, changing more lives and cementing the long-term impact of our work A free 10-week course that is universally available to parents/carers

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