

29 November 2016

Dear Parents and Carers,

You are warmly invited to **Parentalk**: a six-week course on parenting teenagers being run at The Cherwell School on Monday evenings starting in January 2017. Last year over 80 parents did the course at Cherwell. Some of their comments were:

'It's revolutionised my approach to my teenager'

'A great opportunity to think about the issues and to get together with other parents to discuss. Felt very supportive and good fun. Great tea and cake too!'

'Absolutely fantastic! I have found really helpful as well as being really enjoyable.'

Parenting has ups and downs for all of us. The course is not just for people with problems – it provides valuable insights for anyone navigating the teenage years, as well as parents from years 7 and 8 who are about to begin. It uses DVD presentations and group discussion and is suitable for all mums, dads and carers, whether parenting together, alone or in a stepfamily. It's organised by Cherwell parents using the popular [Parentalk resources](#) from Care for the Family.

The course starts on 23 January 2017 and will run from 7.30-9.30pm. The following evenings are January 30, February 6, 20, 27 and March 7: there is no session during half term. Each evening looks at a different topic so don't worry if you can't make every week.

The course is open to parents from Cherwell, Cheney and Wheatley Park schools so do invite friends with children at those schools.

The course fee is £10 per family, payable on the first evening. There is a fund available to help those facing financial constraints: please ask if this is an issue for you.

To book, please email cherwellparentalk@gmail.com with the following information:

- Number of places required
- Names of participants
- Ages of children
- School (Cherwell, Cheney or Wheatley Park)

Best wishes from the Cherwell Parentalk team:

Hemara Earl
Moirá Dorey
Vicky Lavy
Brenda MacRitchie