

Register for our free  
Parent group

# TUNING INTO TEENS

LED BY SOMERSET'S MENTAL HEALTH SUPPORT TEAM

Would you like to feel more confident at:

- ✓ Talking with & understanding your teen
- ✓ Building emotional resilience of your teen
- ✓ Helping your teen deal with conflict
- ✓ Feeling more confident as a parent

"I HAVE LEARNT A LOT THAT  
I DIDN'T EVEN CONSIDER!  
I FOUND IT VERY HELPFUL"

PARENT



12:30-3:30pm



Wednesdays: 29<sup>th</sup> July, 12<sup>th</sup> August, 19<sup>th</sup> August 2026



The Horizon Centre, Swingbridge, Bathpool, Taunton, TA2 8BY



[CLICK HERE TO REGISTER](#)

Or search [bit.ly/tintsummer](https://bit.ly/tintsummer)

(you need to be able to attend  
all 3 dates)

