



E-ACT Ousedale
School

PARENT EMPOWERMENT EVENING

EMPOWER ♦ SUPPORT ♦ THRIVE

ABOUT THIS FREE EVENT

Join us for an exclusive Parent Empowerment Evening, where industry experts will share engaging, evidence-based strategies to help parents and carers confidently support their teens. Gain valuable insights, practical tools, and expert guidance to navigate the challenges of adolescence with clarity and assurance.

**OUSEDALE SCHOOL
OLNEY CAMPUS**

**Thursday 26th June
6-8pm**



The Adolescent Brain

Unlock the science behind teenage behaviours and emotions.



Self-care

Because supporting others starts with looking after yourself.



Online Safety

Understand the digital world your teen lives in and learn how to keep them safe.

**PLEASE BOOK YOUR FREE
PLACE VIA EVENTBRITE**

BOOK NOW



<https://www.eventbrite.co.uk/e/parent-empowerment-evening-tickets-1407174790679?aff=oddttdtcreator>