



### THE CHALLENGES AND DELIGHTS OF PARENTING AN ADOLESCENT

Adolescence is a remarkable time of growth and transformation and is unlike any other stage of life. It unfolds not in a single leap, but through a series of changes that ask us, as parents, to continually adjust and rediscover our role.



22 January 2026  
7:00pm - 8:30pm  
ACS Hillingdon  
- On campus

REGISTER

or



here

#### Here's What to Expect

This engaging workshop invites you to explore both the joys and the complexities of raising a teenager. Together, we will reflect on the emotional demands of this stage: learning to let go while staying connected, fostering independence while safeguarding wellbeing, allowing for mistakes while offering steady support.

We will also consider how our own memories of adolescence shape the way we guide our children today. Through thoughtful discussion and practical insights, you'll gain fresh perspectives and tools to navigate these pivotal years with confidence, compassion, and a renewed sense of connection.

#### Meet the Keynote Speaker: Alice Allen

**“ Alice is a Psychoanalytic Child and Adolescent Psychotherapist with over 20 years of experience working with children and young people in educational settings, the NHS, and private practice. She currently manages a psychotherapy service in a secondary school, alongside supervisory and teaching roles within charitable organisations and schools. ”**

