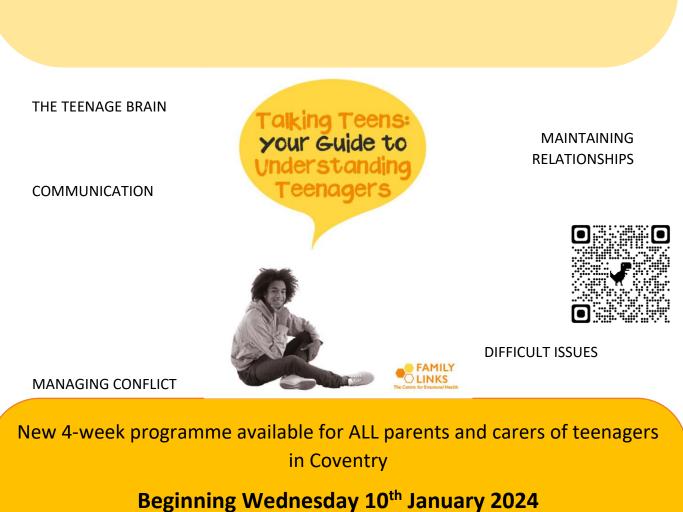
The newest research shows that the period of adolescence can begin around 10 years and may continue up to 25 years! So, if you think your 10-year-old already acts like a teenager that's probably because the changes in the brain that take place during adolescence may have already started!

It also tells us that this is the 2<sup>nd</sup> most complex period of development in our child's life. If you would like to know more about this and how to best support your teenager; book a place on the new 4-week programme delivered by trained practitioners by completing the request form on our website:



https://www.coventry.gov.uk/parenting

Weekly 9:30-11:30

**Aspire Family Hub** 

Humber Avenue, Coventry

To book visit: https://www.coventry.gov.uk/parenting