

Build a strong relationship that lasts for life

ABC Föräldraträffar

Teenagers

Life with teenagers is full of joy – and challenges. Welcome to the **ABC Parent Group for Parents of Teenagers**. Here, you'll learn simple and practical tools to make everyday life a little easier. These tools also support your teenagers learning and development. The ABC sessions are group meetings where you can meet other parents, share experiences, and get new ideas about parenting.



ABC föräldraträffar
goteborg.se/abc



Göteborgs
Stad

Dear parents!

A lot changes during a child's teenage years. They're taking important steps towards adult life. As their parent, while you might feel your role is being challenged, you also have the opportunity to strengthen your relationship with them for the years to come.

Through conversation and exercises, you'll practise focusing on what's working well in your relationship with your teenager. We offer four meetings with themes like:

- » Spending time together
- » Constructive conversation
- » Taking a peaceful approach
- » Handling problems

After the first four meetings, we will offer extra, optional meetings that focus on school and teenage romance.



Scan the QR code to find an ABC Parent Group near you. Get more information on support services for parents here:

goteborg.se/foraldrastod

"I now find it easier to focus on what's going right – it's a good reminder."

Comments from parents who attended ABC

"It helped me prioritise so that my child feels seen and acknowledged."

Alla Barn i Centrum (ABC) is a support programme for parents. It aims to strengthen parents' relationships with their kids through group-based meetings that focus on interaction, communication and daily routines. ABC Parent Groups are free and are open to parents with kids in the following age groups: 0–2 years, 3–12 years, teenagers.