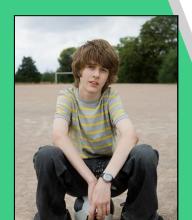
A FULLY FUNDED / FREE 6 week course for parents and carers of children aged 11+ yrs Funded by: St Albans District Council & St Albans Plus Schools' Partnership









Topics covered include:

- The importance of self-esteem/resilience
- Tools for handling conflict
- Understanding physical and emotional development
- Teen brain development and teen culture
- Improving communication and relationships
- Dealing with challenging behaviour

Venue:

St Albans Girls School (STAGS) Sandridgebury Lane, St Albans AL3 6DB

Time 7pm – 9pm

Date 26th Sept to 7th Nov 2018

To Book Contact:

· Contact:St Albans Plus Schools' Partnership

Email: vistastalbans@gmail.com

Or Call: 07584 798 528



