

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



Understanding Teens, The Gross Stuff & Ground Rules



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



Natural Flair

