

**A FULLY FUNDED /
FREE**

**6 week course for
parents and carers of
children aged 11+ yrs**

**Funded by:
Big Lottery Fund**



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 Wed 27th Feb-3rd April '19



To Book Contact:

Contact: The Bookings Team

Email: admin@natural-flair.com

Or Call: 01992 446 051



Natural Flair