



Understanding Teens, The Gross Stuff & Ground Rules

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

Funded by: Hertfordshire
County Council Children's
Services
For Parents and carers
living in St Albans

Topics covered include:

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



Venue:

The Marlborough Science Academy
Watling Street
St Albans
Herts
AL12QA

Time 7pm – 9pm

Date: 4th May to 15th June 2016
(no session during half term)

To book contact:

Contact The Bookings Team on:

Email: joanne.defransz@bowmansgreen.herts.sch.uk
or

Or call: 07909 043946

Places are limited - Please call NOW to secure your place



Natural Flair