

**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 27<sup>th</sup> Feb-3<sup>rd</sup> April '19**

**To Book Contact:**

**Contact: The Bookings Team**

**Email: [admin@natural-flair.com](mailto:admin@natural-flair.com)**

**Or Call: 01992 446 051**



**Natural Flair**

