



# HAPPY TEENS

## Wellbeing Weekender

**"Help - I'm a teenager's parent!  
Help - I'm a teenager!"**



School is stressing me out... how can I cope?"

Why do I feel so anxious about life?"

How can I talk to my teenager so they'll listen?

How can I make sure my teenager is safe online?

Professionals in youth wellbeing, mental health and resilience coming together for one day to help you and your teenager navigate the teenage years, with talks, workshops and exhibitors on anxiety, social media, exam stress, self-esteem, communication and much more!

**HAPPY TEENS – THE WELLBEING WEEKENDER**

**Saturday 4th May 2019 10-5pm**

**Nicholas Breakspear School, St Albans**

**BOOK YOUR PLACE HERE**

**[www.natural-flair.com/events](http://www.natural-flair.com/events)**

**Hosted By Kat Shaw of Brilliantly Imperfect in support of Rephael House & Ollie Foundation**



*Brilliantly Imperfect*

