

RAISING GIRLS COURSE

For parents/carers of girls aged
5-12 years

DATES: 2nd October – 23rd October 2019

TIME: 7.00pm – 9.00pm

VENUE: St Albans Fire Station, Community Room, 153 London Road,
St Albans, AL1 1TQ

**Four sessions for parents/carers run by
Vista St Albans
£45.00 per person
(concessions available)**



We will explore:

- Differences between girls and boys development
- Raising confidence and self-esteem in girls
- Feelings, emotions and relationships
- Getting the best from girls at school

To find out more and to book a place please call the office on 01727 807525 or
Email: vistastalbans@gmail.com



www.vistastalbans.org.uk