

**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



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:

The Birchwood Development
Centre,
The Birchwood School,
Parsonage Lane,
Bishops Stortford
CM23 5BD

Time 7pm – 9pm

Date 6th Nov – 11 Dec 2018

To Book Contact:

• **Contact:** The Bookings Team

Email: admin@natural-flair.com

• **Or Call:** 01992 446 051



Natural Flair