



A **FREE** workshop for parents & carers of 11-19 year olds.

UNDERSTANDING TEENS

The Gross Stuff and the Ground Rules

This 6 week workshop aims to give an overview of the adolescent years, covering topics such as:

- >> Developmental issues (emotional/physical)
- >> Improving relationships
- >> Boosting confidence and self-esteem
- >> Strategies to handle common teenage problems

❖ Date ❖

Wednesday 27th January, 3rd,
10th, 24th February, 3rd and
10th March 2010

❖ Time ❖

7:00 pm - 9:00 pm

❖ Venue ❖

The Bishop's Stortford
High School
London Road
Bishop's Stortford
CM23 3LU



To book your place, please contact;
Mel Priest, District Partnership Team, on:
01992 556372