

# UNDERSTANDING TEENS

## The Gross Stuff and the Ground Rules

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

This 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:**

Monday 1<sup>st</sup> February 2010

**Time:**

7:00 pm – 9:00 pm

**Venue:**

Pinewood School  
Hoe Lane  
Ware  
SG12 9PB

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

**01992 556372**