



**A FULLY FUNDED /
FREE
6 week course for
parents and carers of
children aged 11+**

**Funded by:
Herts County Council
Family Services
Commissioning**

Understanding Teens, The Gross Stuff & Ground Rules



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:

**Robert Barclay Academy
Cock Lane
Hoddesdon EN11 8JY**

Time 7-9pm

Date 7th June to 12th July 2018

To book contact:

Contact The Bookings Team on:

Email: bookings@natural-flair.co.uk

Or call: 01992 446051

**Places are limited - Please call NOW to secure your place
Delivered by award winning parent coach Sharon Lawton**



Natural Flair