



Hertfordshire

Understanding Teens, The Gross Stuff & Ground Rules

A FREE 6 week course
for Parents/Carers of
children aged 11yrs +

Funded by Herts CC
Childhood Support
Services and hosted by
Vista St Albans CIC

Topics covered include:

- ◆ The importance of self esteem
- ◆ Tools for handling conflict
- ◆ Understanding physical & emotional development
- ◆ Improving communication & relationships
- ◆ Dealing with challenging behaviour



Venue: The Marlborough Science
Academy, Watling Street, St Albans,
Hertfordshire AL1 2QA

Room: Post 16 Study Area

Time: Wednesday – 7pm – 9pm

Date: 7th June to 12th July 2017



Natural Flair

Contact us to find out more. Call Vista on:

01727 855134 (Ex 3) or 07584 798528

Email: vistastalbans@gmail.com

Places are limited - Please call NOW to
secure your place on this popular course

St Albans 
Schools' Partnership

Vista 
St Albans