

Communicating with Teenagers

For parents of children in Years 8, 9 & 10

'Vision of Inclusion in St Albans and Hatfield'

6week course for parents run by Parent Centred Support and Vista

Thursday evenings: 7.30pm—9.30pm
13th October—24th November (excluding 27th October)
Marshalswick Childrens Centre, Sherwood Avenue, AL4 9QL

Cost of £15.00 per person for full course

For Parents and Carers:-

- Problem solving
- Managing conflict/setting boundaries
- Positive parenting/modifying behaviour
- Share experiences with other parents
- Explore teenage behaviour



To find out more and to secure a place please call Vista on
01727 855134 or email: vistastalbans@gmail.com
(Cheques payable to Vista St Albans CIC)

Being a parent can be challenging at times - we can offer individual support
as well as a variety of information and guidance to services.

www.vistastalbans.org.uk