



Parenting Courses and Workshops

For parents of children aged 5-16 years

'Vision of Inclusion in St Albans and Hatfield'

Vista St Albans is a Community Interest Company (Not for Profit) which has been set up to offer parents support with any issues they may have.

Vista offers the following courses. Our courses and workshops are offered to small groups to encourage participation by all attending.

COURSES

About Boys Course:

Course for Mums only of boys aged 5-11 years

Communicating with Teenagers:

Understanding how teenagers feel, focussing on communication and behaviour issues

Parenting an Additional Needs Child:

Understanding the emotions and issues raised, examining the effect on your family, explore practical ideas and tips to deal with stressful situations.

Pre-teens:

Preparing for the teenager years and what to expect.

Raising Confident Children:

Tackling your own self esteem as well as your child's.

Sibling Rivalry:

Dealing with difficulties created by this issue.

Setting Boundaries:

It is easier than you may think - wonderful strategies to use.

Transition:

How to deal with the stresses caused by moving on.

Understanding Your Child's Anger:

How to cope with behaviour and anger issues

WORKSHOPS

Anti -Bullying workshops

Drugs & Alcohol Workshops

Dyslexia Workshops

Exam Stress Workshops

Self Esteem Workshops

Teen Safety Workshops

And more...



Contact us to find out more:

Call Vista on 01727 855134 or Email: vistastalbans@gmail.com

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

Vista is driven by its commitment to improving life chances for children and young people by supporting parents.