



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 is offering the following courses and workshops

SPRING TERM

COURSES—All courses have a charge of £15 per person

About Boys Course:

Course for Mums only of boys
aged 5-11 years

**Wednesdays, 7.30-9.30pm
22 Feb—14 March 2012**

Communicating with Teenagers:

Understanding how teenagers feel,
focussing on communication and
behaviour issues.

**Mondays, 7.30-9.30pm
23 Jan—5 March 2012**

Understanding Your Child's Anger:

How to cope with behaviour and anger
issues

**Tuesdays, 7.30-9.30pm
6 March—27 March 2012**

WORKSHOP—All workshops have a charge of £5 per person

Dyslexia Workshop

**Thursday, 7.30-9.30pm
22 March 2012**



Contact us to find out more:

Call Vista on 01727 855134 Ex 2 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.