

# Harpenden **PLUS**

## PARTNERSHIP

Harpenden-Kimpton-Redbourn-Wheathampstead

Family

Links



## My Teen Brain

A Free\* 4 week course for parents and carers of children aged 12 to 18

The course will give you the opportunity to learn about:

- Being the parent of a teenager - the role of the parent and how to respond to difficult feelings
- Understanding your teenager - development, parenting styles, praise and criticism
- Communicating with your teenager - talking and listening, handling difficult situations
- Managing conflict with your teenager - rules and boundaries, problem solving

**Fridays 9:30 - 11:45**

**25th January and 1st, 8th, 15th February 2019**

In the Jubilee Room at Sauncey Wood School, Harpenden AL5 5HL

All information is correct at the time of going to press, but may be subject to change.

\*£50 if your child does not attend a HarpendenPlus Partnership school

List of partnership schools:

Beech Hyde, Crabtree schools, Grove schools, Harpenden Academy, High Beeches, Kimpton, The Lea, Manland, Redbourn, Roundwood Park, Roundwood Primary, Sauncey Wood, Sir John Lawes, St Dominic, St George's, St Helen's, St Nicholas, Wood End

**[To register your interest please email dmarsden@saunceywood.herts.sch.uk](mailto:dmarsden@saunceywood.herts.sch.uk)**

You will be sent a booking form and places will be secured upon receipt of your completed form and £20 refundable deposit