



# Compass E-Bulletin

Leading the way to Extended Schools in Berkhamsted, Northchurch,  
Little Gaddesden and Potten End



June 2011

## Parent Support Group Meetings

**For parents coping with difficult behaviour, additional needs and disabilities**

Come along for a chat, refreshments and support. Bring a friend.

**Wednesday 6th July from 7:30pm-9pm**

Little Hands, Little Feet Children's Centre, Lagley Hall, Douglas Gardens, Berkhamsted

**Call Sandra Jenkins on 07773 304638** for more information

**'Work - Life - Me' balance -  
getting it right for you.**



Monday 20<sup>th</sup> June

8 - 9.30pm      £12

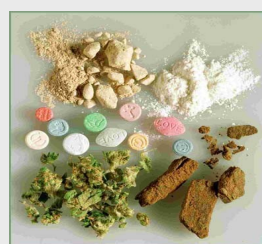
Naturality Wellbeing Centre,  
Lower Kings Road, Berkhamsted

"Family, work, then me" Sound familiar? This session will give you tangible ways to manage the numerous and stressful demands on your time. Identify your stress points and how to deal with them, pinpoint what your priorities are, what it is that you need in your life to be happy, and how to manage any change you will make including the destructive feeling of 'guilt'. You will leave the session motivated and with an action plan that is right for you.

To book your place email Sandra at [sjenkins.berkhamsted@hertsextendedschools.org.uk](mailto:sjenkins.berkhamsted@hertsextendedschools.org.uk) or call 07773 304638

## Drugs Awareness Information Session

**FREE**



Thursday 20<sup>th</sup> June

7.30-9pm

Little Hands, Little Feet Children Centre  
Lagley Hall, Douglas Gardens, Berkhamsted

Everybody welcome.

Come along for information, support  
and advice.

To book a place please e-mail  
[becki.berkhamsted@hertsextendedschools.org.uk](mailto:becki.berkhamsted@hertsextendedschools.org.uk) or call 07773304638

CAP Money is running further FREE money management three week courses to help people get their finances back on track or review where they are if they have a life changing situation.

If you would like to join a course, or know someone who would benefit, then the local co-ordinator, Mike Wallis says 'give me a ring on 07891 760244 or send an email to [capmoneyberkhamsted@yahoo.co.uk](mailto:capmoneyberkhamsted@yahoo.co.uk) to discuss how we can help.'

For more information visit [www.capmoney.org](http://www.capmoney.org)

Parents Living Apart

6 Week course at Hobbs Hill Wood Primary School,  
Hemel Hempstead

Tuesday's starting the 14th June  
12:30-2:30pm

Contact to book 07534 213640

## Understanding Children's Behaviour

5 week course looking at why children behave in certain ways, what they are telling you through their actions and attitudes, how to work with your children to reach a positive level of understanding. Wednesday's 7:30-9:30pm, starting the 8th June.

**Contact the Parent Support Worker on 01923 271744 to book your place or for more information about up and coming courses.**

Prevention is Better Than Cure

How to build self-esteem and confidence in your children  
5 FREE sessions at Hobbs Hill Wood Primary School

Starting Wednesday 22nd June from 6:30-8:30pm

Contact Jan on 07534 213640 to book

**Parent Helpline 0808 800 2222**

**Website [www.familylives.org.uk](http://www.familylives.org.uk)**

Staffed by trained volunteers who know what parenting is like. Free and confidential advice to anyone caring for a child.