



CONFIDENCE BUILDING WORKSHOP



Do you find yourself saying "yes" when you mean "no"?

We are offering a session for parents run by Sally Patterson, a trained therapist.

The evening will cover; how to say no and mean it; how to manage conflict in a positive way and how to deal effectively with everyday demands.

Wednesday, 11th February

7.30 - 9.30pm

Fleetville Junior School, 228 Hatfield Road, AL1 4LW

Extended Schools



Linking Schools and the Community

To reserve a place - FREE OF CHARGE - please contact
Sarah Ellis on 01727 855134 or 07984 436939
Jo Maher on 07939 111152