

# Confident Parent, Confident Family

*A FREE 4 week course for parents and carers of children of all ages*

This course is suitable for any parent who would like to gain an understanding and knowledge of what 'high' self-esteem looks like. Exploring subjects such as the relationship between feelings, thoughts and behaviour, why positive or negative self-esteem effects the choices we make, and Personal Power, parents can build and maintain their own and their child's self-esteem.



**Date:** Tuesday 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup> & 23<sup>rd</sup> November 2010

**Time:** 7:00pm – 9:00pm

**Venue:** Selections Children's Centre  
Welwyn Road  
Hertford  
SG14 2DG



To book your place please phone  
Mel Priest, The District Partnership Team,  
on 01992 556372