

# Improving Self Esteem in our Teenagers



## **FREE 1 week workshop for parents and carers of 11 – 19 year olds.**

- To understand more about the development stages of teenagers
- To understand more about the pressures on teens
- To understand more about the parents role during adolescence.
- Identifying strategies to boost their self esteem.

**D a t e...**            **Wednesday 13<sup>th</sup> October 2010**  
**T i m e...**            **7.30pm – 9.30pm**  
**V e n u e...**        **Watton-at-Stone Primary School**  
                              **Rectory Lane**  
                              **Watton at Stone**  
                              **Hertford**  
                              **SG14 3SG**

**To book your place, please call Mel Priest,  
District Partnership Team, on 01992 556 372**