

# Understanding Teens: The Gross Stuff and the Ground Rules

A FREE 6 week course for parents and carers of young people at secondary school or moving up shortly

- Learn to deal with conflict
- Understand feelings and needs
- Discover new ways of communicating
- Build a positive relationship with your teenager



**9<sup>th</sup> June – 14<sup>th</sup> July 2011**  
**Thursdays, 7.00 – 9.00 pm**



**Goffs School**  
**Goffs Lane**  
**Cheshunt**  
**Herts EN7 5QW**



To book your place, please return the reply slip to **Your Childs School Office** or **Churchgate Extended Schools Consortium, St. Mary's High School, Lieutenant Ellis Way, Cheshunt, Herts. EN7 5FB**  
Email: [admin.extendedschools@st-maryshigh.herts.sch.uk](mailto:admin.extendedschools@st-maryshigh.herts.sch.uk) web: [www.hertsextendedschools.org.uk/churchgate](http://www.hertsextendedschools.org.uk/churchgate)  
by **Monday, 6<sup>th</sup> June 2011**. We will contact you before the course to confirm your place.

I would like to book a place on the *Understanding Teens* course starting on 9<sup>th</sup> June 2011

Name(s).....

Address .....

..... Post Code ..... Mobile: .....