

Bringing up children? Become the parent you want to be

Free for parents
and carers of
children aged 5-11



These six sessions

include:

- 1 Understanding your child's needs
- 2 Developing self esteem
- 3 & 4 Setting limits
- 5 Keeping Safe—inside and outside the home
- 6 Keeping Sane—allowing parents to realize they have needs too!

It is recommended that
parents attend all six sessions

Cowley Hill
Primary School
Winstre Road
Borehamwood

Herts

WD6 5DP

Mondays

18th, 25th
January,

1st, 8th, 22nd
February and

1st March 2010

(Not half term
15th February)

7pm-9pm

To book your place please contact 01438 843030

Or email: admin_dpteamcentral@hertsc.gov.uk