



# Understanding Teenagers Behaviour

- Do you sometimes think that your children do things just to wind you up?
  - Find out what's really going on and what will help
  - Discover how to make being a parent less stressful and more enjoyable.
- Share experiences with other parents and discover new ways of helping your child make the most of life

A **FREE** 2-hour workshop run by Parentline for parents of children aged 13-19

Wednesday March 17<sup>th</sup> 7-9pm  
Nicholas Breakspear RC School  
Colney Heath Lane  
St. Albans  
AL4 0TT

To Book Please Contact  
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