

*****FREE WORKSHOP*****



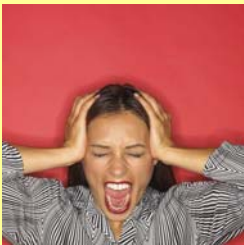
Stress-Busting For Parents

For parents of children aged 5-13

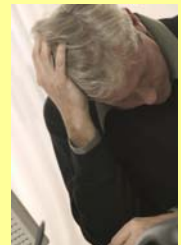
Look at what causes us stress and how it affects family life

Understand and recognise our personal early warning signs

Discover and develop strategies for coping with stress



**Tuesday 9th February
9.30am – 11.30am
The Venue, Elstree Way
Borehamwood**



**Limited Crèche places available
To book your place please contact
Judy Green
Extended Schools Administrator
0208 238 7282**



natural flair

coaching and consultancy to improve personal performance

