



Positive Parenting Programme

FREE

TEEN GROUP SESSIONS

- How to encourage appropriate behaviour in our teenagers
- How to take care of yourself as a parent by improving your personal coping skills and reducing parenting stress
- How to enhance the relationship with your teenager
- How to manage challenging behaviour
- How to deal with risky behaviour

HERE AT LITTLE ILFORD SCHOOL

Tuesdays: 9th 16th 23rd 30th January

6th 20th February 2018.

10am-12pm

To book, please see Miss Angela Louka
or call Maxine 0203 373 7478

