



# Three exciting workshops: Parenting Pre-Teens & Teenagers



*Our two schools warmly invite parents and carers to participate in THREE exciting workshops – we have 50 places reserved for each school at each workshop. We can offer tickets to a maximum of two parents/carers per family.*

Adolescence brings big emotional and physical changes, with both frustrations and joys. Understanding these changes in emotions, behaviour and intellect is key to helping our young people get the most out of this stage of their development.

**Understanding The Adolescent Brain**  
Tuesday 7<sup>th</sup> March 2017

**Lorraine Lee from ReCap** will be leading the sessions. She is a Professional Parenting Practitioner with over 14 years of experience in Hampshire Schools. Workshops are a refreshing mix of discussion, reflection and front-led input. Parents will leave feeling informed, confident and equipped.

**Managing Anger & Strong Emotions**  
Monday 5<sup>th</sup> June 2017

**All sessions will take place at Noadswood in the School Hall, 6:30-8:30pm, and payment is required of £8 per person per session or £16 per person for all three sessions if you book by Feb 28<sup>th</sup> 2017. There will be a further invitation to book the later sessions separately if places remain available.**

**Helping Young People Manage Their Online Lives**  
Monday 10<sup>th</sup> July 2017

To book your place(s) please complete the slip and return it to the school office:

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I would like to book one/ two places at the following workshops (please delete as required)

Name(s): \_\_\_\_\_ Phone no: \_\_\_\_\_

Email: \_\_\_\_\_

**Understanding The Adolescent Brain – Tuesday March 7<sup>th</sup>** \_\_\_\_\_

**Managing Anger & Strong Emotions – Monday June 5<sup>th</sup>** \_\_\_\_\_

**Helping Young People Manage Their Online Lives – Monday July 10<sup>th</sup>** \_\_\_\_\_

And I enclose payment of: £ \_\_\_\_\_ (cheques made payable to Noadswood School)

My child(ren)'s name(s): \_\_\_\_\_ Tutor Group(s): \_\_\_\_\_