



ST PAUL'S ACADEMY
PARENTS

ARE YOUR KIDS STRESSING YOU OUT?

ARE YOU WORRIED ABOUT THEM?

DO YOU NEED TO REFRESH YOUR PARENTING STYLES?

WE CAN HELP!

You are cordially invited to attend our taster sessions for our new parenting course

Tuesday 3rd October 10am-12 noon

Tuesday 10th October 5pm-7pm

WARNING!

**PERFECT PARENTS
NEED NOT ATTEND**

REFRESHMENTS PROVIDED

Attending this course will ensure that you...

- ⇒ Feel empowered
- ⇒ Receive support
- ⇒ Improve your well-being
- ⇒ Learn how the teenage brain works
- ⇒ Understand de-escalation
- ⇒ Know your triggers

**"I went under protest
but I returned every
week and it worked!"**

Useful websites

<http://nonviolentresistance.org.uk/>

<http://oxleas.nhs.uk/advice-and-guidance/children-and-young-peoples-services/nvr/>