

Brentwood Local Delivery Group Presents

The Parent Café



Starting on **Wednesday 27th January** from 6.15pm to 8.15pm
The Library, Sawyers Hall College, Jack Petchey Building, Sawyers Hall Lane
 Refreshments provided

Information Sessions – Topics Covered

Wednesday 27th January 2010	Internet & Mobile Phone Safety
Ways to protect and monitor your child's communication whilst using modern technology.	
Wednesday 3rd February 2010	Stress Busting
A look at the pressures of being 'The Perfect Parent' and how to have coping strategies.	
Wednesday 10th February 2010	Managing Those Moods
A workshop to help you to find a healthy emotional balance when dealing with your child.	
Wednesday 24th February 2010	Drugs & Alcohol
An awareness workshop to advise and inform about the effects and risks of drugs and alcohol on young people.	
Wednesday 3rd March 2010	Eat Right, Feel Right
Understand how foods affect your moods and you'll improve your physical and emotional health.	
Wednesday 10th March 2010	Building Self Esteem
Enabling parents to understand the emotional needs of children & young people.	

Brentwood Parent Café

The Parent Café offers a series of information sessions for parents and carers. These sessions aim to provide an insight to communication and engaging with young people as they navigate their way through the different stages of development.

FREE-FREE-FREE-FREE-FREE
Crèche available for children under 12
years when booked via Extended
Services Team on 01277 239830
THERE IS NO CHARGE FOR ATTENDING!

For further information on The Parent Café please contact Susan Allen or Susan Lilley
 Brentwood Extended Services
 01277 239830/239816 or email
sma@sawyershall.org.uk
scl@sawyershall.org.uk