



HAPPY TEENS

Wellbeing Weekender

"Help - I'm a teenager's parent!
Help - I'm a teenager!"



Professionals in youth wellbeing, mental health and resilience coming together for one day to help you and your teenager navigate the teenage years, with talks, workshops and exhibitors on anxiety, social media, exam stress, self-esteem, communication and much more!

HAPPY TEENS – THE WELLBEING WEEKENDER

Saturday 4th May 2019 10-5pm

Nicholas Breakspear School, St Albans

BOOK YOUR PLACE HERE

www.natural-flair.com/events

Hosted By Kat Shaw of Brilliantly Imperfect in support of Rephael House & Ollie Foundation



charity number: 1109437

Brilliantly Imperfect

