

Self Esteem and Settling into School

Two entertaining and informative workshops for parents

The Complete Guide to Settling into School



Monday October 3rd – Kingston

Resilience, anxiety, making and managing friendships and any other concerns you may have. For parents of children in Reception.

(£1 places available to those who need them.)

Developing Self Esteem



Thursday October 13th – Chiswick

Self esteem- what it means, where it comes from and what we can do to help build good strong self esteem for our children and ourselves.

For more information, to ask a question or to book your place, [click here](#) or go to www.gillhines.co.uk.

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