

Building Self Esteem and Life Skills

Piper's Hill College

Naas, Co. Kildare

25th September - 16th October 2019

9.45am -11.45am

A course for parents or guardians of 10 - 17 year olds to look at ways to build children and teen's confidence and self-esteem through a range of topics including:

- **Decision making skills**
- **Assertiveness**
- **Problem Solving**
- **Peer Pressure**
- **Substance Use**



Contact Niamh Doyle –HSCL
Teacher on hscl@phcol.ie or
045-897885 to book a place