



**ST MARY'S PARENTS ASSOCIATION,
AGM**

**TUESDAY, OCTOBER 22ND AT
7:30PM**

Guest speaker

Monica Rowe

What Our Children are Not Telling Us

Why do so many of our children say they would not come to us if they are in trouble?

Why do they feel so under pressure to 'keep up' and more importantly... how can we, as parents ensure they come to us when they are feeling overwhelmed, stressed or worse? How do we communicate effectively with teenagers who often respond to our questions with a one syllable grunt?

**Refreshments
will be
provided on
the night!**

**Don't Be Shy –
Come Along
and Enjoy the
Evening!**

Tea & Coffee!

**Cheese
&
Crackers!**

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