



Wendy Bramham Therapy

Counselling, Psychotherapy & Complementary Health
in Newbury & Marlborough

www.wendybramham.co.uk

Parenting Masterclass with Suzie Hayman *Raising the Connected Generation* Helping your Kids deal with the Pressures of Digital Technology

Saturday, 4th February 2017, 9.30 am – 12.30 pm Venue: White Horse Bookshop, Marlborough

Do you have concerns over your children's use of digital devices? Are you worried about sexting, cyber-bullying and access to pornography? Do you feel you are losing control and finding it hard to set boundaries? Is screen time taking up too much time and damaging family cohesion?

If so, this seminar with parenting expert and broadcaster, Suzie Hayman, will help you get to grips with parenting issues around digital technology, understand why children find it so beguiling, and help you come up with guidelines and rules that are right for you.

You will leave the event feeling more informed and competent in dealing with a whole range of topics, including:

- What is worth worrying about in the realm of digital technology?
- Should you be concerned? Or are you not concerned enough?
- What is really available on phones, games consoles and laptops?
- Selfies, sexting and trolling, pornography, violent video games, sexual and political grooming
- Positive opportunities for kids: posts, blogs, scripts, music, networking, support
- Age appropriate controls and interventions
- How to model good internet behaviour – are you always on *your* phone?



Suzie Hayman

Plus: general advice on parenting, geared to your individual questions. We look forward to seeing you there.

Suzie Hayman is a Relate-trained counsellor, parenting educator, broadcaster and author of thirty one educational books on families and parenting, including most recently *Parents and Digital Technology, raising the connected generation*, written with child psychologist John Coleman. She is agony aunt for Woman magazine, and was seen guiding five families through their family dilemmas on the major BBC1 series, *Stepfamilies*.

This seminar will be suitable for all parents, step-parents, grandparents and guardians/carers of children, teenagers and young people.

Early bird” price by 14th January: £35, or after £45. Includes refreshments but not lunch or parking.

Numbers will be limited to ensure maximum benefits for participants on the day.

Venue: White Horse Bookshop (workshop studio), 136 High Street, Marlborough, SN8 1HN

Please BOOK ONLINE: www.wendybramham.co.uk (seminars tab)

Contact: seminars@wendybramham.co.uk or phone 07464 783446





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PARENTING MASTERCLASS SEMINARS WITH SUZIE HAYMAN

4th FEBRUARY 2017, MARLBOROUGH

Booking and Cancellation Policy

1. **Tickets** are refundable up to one calendar month prior to the event, after deducting a £10 administration charge. Within one month of the date of the event, tickets are no longer returnable or refundable. However, we do allow you to transfer your ticket to another named person, provided you email us with their full name, email address and telephone number **before 10 am on 2nd February**.
2. **Refreshments:** Tea, coffee, tap water and biscuits will be provided, but not lunch.
3. **Parking** costs are not included in the ticket price, and is by way of pay and display in one of the town centre car parks. The following car parks allow long-term parking:
 - a) Hilliers Yard (behind Waitrose) - postcode SN8 4BX
 - b) Polly Gardens (behind Waitrose) - postcode SN8 4BX
 - c) Hyde Lane - postcode SN8 4JL.
4. **Need for Cancellation:** We may need to cancel the event for two reasons:
 - a) insufficient bookings, in which case we reserve the right to cancel with 4 days' notice.
 - b) Circumstances beyond our control such as illness of a speaker or unavailability of the venue.Under these circumstances we will inform you as quickly as possible using the email address you used for booking, and a full refund will be issued. Refunds will be made via PayPal, BACS or by posting a cheque.
5. We reserve the right to transfer to a different venue.
6. **Photos:** By booking one of our events, you agree to your inclusion in photographs taken at the seminar, which may be uploaded to our website or used in promotional media. If you would rather not be included in photographs then please let us know.
7. **Quarterly E-letters:** By booking one of our events you agree to receive quarterly e-letters from us regarding health-related matters. We promise not to disclose your details to any other party. However, please email us if you prefer not to be included. You can unsubscribe at any time.

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