

# MARCH 2026



## BETH SNOWDEN-BROWN

...delivers practical advice and realism in her workshops aimed at helping parents bring out the best in their sons and daughters, whilst navigating the tricky path of modern life.

### EMPOWERING GIRLS

Learn how to nurture self-belief, resilience, and motivation in your daughters, while helping them build healthy relationships and embrace kindness in today's challenging world.

### BUILD UP THE BOYS

Discover practical insights and tools for raising boys who are strong, kind, and proud of who they are. This workshop tackles the challenges of navigating negative role models, toxic masculinity, and the growing crisis of male mental health.

**THURSDAY 19<sup>TH</sup> MARCH**

**6.30pm | Build up the Boys**

**7.30pm | Empowering Girls**

### OPEN TO ALL

Whether you are a WGS family or not, please do come along! (not suitable for children)

**SIGN UP NOW...**

& we'll send you a reminder nearer the time.