



# Parent Seminar

Helping Your Daughter to Navigate the 21st Century

This seminar will focus on assisting your daughter to build self esteem in a world where the expectations, demands and pressures on girls of all ages are relentless, rapidly changing and of concern to us all.

The Guidance Team will outline the global, national and local issues our girls are facing and give parents practical and useful strategies to assist their daughters to effectively navigate the 21st Century.

## SPEAKERS

John Hedges – NZ Police Community Officer  
Marcelle Nader-Turner – Guidance Counsellor  
Hazel Dey – Head of Guidance

### Sunday 31 July

**4.00pm Balclutha**  
Cross Recreation Centre, 18 Glasgow Street, Balclutha  
RSVP: Gaye Cowie 027 405 2520

**7.30pm Gore**  
Croydon Lodge, 100 Waimea Street, Croydon, Gore  
RSVP: Amanda Perkins 027 201 0286

### Monday 1 August

**7.00pm Arrowtown**  
St John's Church Hall, Berkshire Street, Arrowtown  
RSVP: Don Hazlett 027 230 0032

### Tuesday 2 August

**7.00pm Alexandra**  
Alexandra Community House, 14-20 Centennial Avenue, Alexandra  
RSVP: Sarah Smith 027 662 6209

### Thursday 11 August

**7.00pm St Hilda's Chapel**  
RSVP: admin@shcs.school.nz or 477 0989

We strongly recommend attendance to all of our families. Working together ensures open, honest dialogue, sharing of concerns and solutions, and a productive partnership focused on our girls' health and wellbeing. Please RSVP to the relevant host by Monday 25 July.