

WEEKEND WORKSHOP ON PARENTING FOR PARENTS OF CHILDREN ABOVE 12 YEARS

“Palakshala”



1. Rational Parenting for modern age
2. Handling Difficult Emotions – Children’s & Parent’s
3. Effective Communication – How to maintain it ?
4. Disciplining – Use & Overuse
5. Study Skills
6. Dealing with media influence - Mobile, Computer & TV
7. Understanding Sexuality – How to sensitize children ?

6 Experienced faculties for 6 sessions (2 hours each)

Lots of interaction, Question & Answers

DATES

29, 30 September 2018
6, 7, 13, 14 October 2018

TIMINGS

Saturday - 6:30PM to 8:30PM
Sunday - 5:00PM to 7:00PM

♦ FEES - ₹ 1500/- only

(Including Notes & DVD on Parenting by Dr. Nadkarni)

♦ No. of Participants in a Batch - 30

CONTACT

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♦ Email - iphthane@gmail.com ♦ Website - www.healthymind.org

Venue - Institute for Psychological Health, 9th Floor, Shree Ganesh Darshan,
Near Wasan Eye Care, Hariniwas Circle, LBS Rd, Thane - 400 602