



Unlock Your Parenting Potential

Take meaningful steps towards enhancing your family's well-being with our new in-person workshops! Join us for one, or all, of these sessions designed to help you strengthen parenting skills and build deeper connections with your teen.

This is a free service, open to parents of teens aged 12-18.

Workshop 1: SELF-COMPASSION

Tuesday, November 12, 2024, at 6:00 PM

Develop a better understanding of self and parenting style as you navigate the teen years.

Workshop 2: BOUNDARIES & COMMUNICATION

Tuesday, November 19, 2024, at 6:00 PM

Discover ways to set healthy boundaries and learn how to communicate effectively and strengthen your relationship with your teen.

Workshop 3: DIGITAL WELLNESS

Tuesday, November 26, 2024, at 6:00 PM

Explore strategies for mindful management your teen's digital media use.

Workshop 4: SELF-CARE FOR PARENTS

Tuesday, December 3, 2024 at 6:00 PM

Explore how to maintain balance and prioritize well-being for yourself and your family.

To Register: Contact Mia Maarika

Email: miamaarika@narsf.org | Phone: 250-754-2773 ext. 123

