



POSITIVE PARENTING STRATEGIES PARENTS BUILDING SOLUTIONS

Presented by Parentzone in collaboration with PRONIA

JOIN US FOR OUR "HOW TO..." PARENTING WORKSHOPS

Session One: How to establish positive family relationships:

- Understand how to develop and maintain positive relationships with your children
- Help your children learn to make great choices
- Explore the importance of rules and boundaries

Session Two: How to foster your child's resilience and self-esteem

Did you know that another word for resilience is "bouncebackability"?

- Understand how parents can support their children to develop a resilient mindset
- Explore what parental behaviours help children to develop self-esteem

DATE: Tuesday, 23rd July (Session One)
Tuesday, 17th September (Session Two)

TIME: 12.15 p.m. - 1.30 p.m.

WHERE: Online (Zoom) - Please note: this session will not be recorded

COST: FREE!

For more information, contact:

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Register once to attend one, or both, sessions

Use the QR code or this link:
<https://events.humanitix.com/pbs-and-pronia-positive-parenting-strategies-t32024>

