TOPIC: PARENTING STRESS
IS YOUR REACTION TO YOUR CHILDREN BASED UPON A BUILD UP OF PARENTING STRESS?

FORMAT: INTERACTIVE WORKSHOP
INVESTMENT: $350
DATE: 15/03/10 10AM - 12PM
CENTRAL

THIS IS FOR ALL PARENTS NO MATTER WHAT AGE YOUR CHILDREN ARE

This interactive workshop is designed to assist parents in reflecting on the stresses in their everyday parenting and how these stresses can have a cumulative effect.

Jaime Simpson from Teen Success will guide you through an activity to support you to become aware of these stressors and effects and will encourage you with some techniques and methods in managing this stress and responding in a different way.

CHANGE YOUR RESPONSE: CHANGE THE REACTION

R.S.V.P. jaime@teensuccess.com.hk