

REBUILDING THE VILLAGE

A Survival Guide to Parenting

Explores common challenges, offers effective tools and provides support to those navigating the intricacies of parenthood.

This program consists of 4 sessions:

Session 1:

- Understanding that we are not alone in our struggles of parenting.
- Recognizing how establishing a 'village' can counter self-doubt and hesitation in parenting.

Session 2:

- The C's of Parenting
- Parenting Dos and Don't

Session 3:

- The balance between nurturing our child and disciplining them.
- Do we really need boundaries and limits?

Session 4:

- The role of laughter, self-care and forgiveness of self, of child and partner in parenting.

Session Dates: November 6th, 13th, 20th, 27th

Time: 7:00 - 8:30 PM

Cost: \$125 (for all 4 sessions)



For more information, please contact

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