



Parent Club

LEARN • SHARE • CONNECT

Improve Your Emotional Health Today!

FREE Parenting Workshop

Improving Emotional Health

In this workshop, parents are introduced to the seven key elements to become emotionally healthy. Ideas about how to teach and encourage emotional health:

- Recognize emotions
- Express our feelings
- Recognize the problems
- Focus on solutions
- Promote positive relationships
- Maintain a balanced life
- Learn to relax



Connect with other parents



Chance to win a raffle prize

Workshop Details

Date: 01 / 26 / 2022

Time: 7:00 pm - 8:00 pm

Location: Zoom Online

Register at:

<https://bit.ly/3GfmYw2>

Zoom Meeting ID: 839 0507 0723

Contact: Nicole Klein

Email: nicole@bestrongintl.org

Phone: (305) 946-1829 ext. 134

If you require special accommodations to participate, please email us your request to the address.

Note: Accommodation requests must be submitted at least two weeks before the workshop date.

To register for a workshop, visit:
TheChildrensTrust.org/ParentClub

