

Healthy Parenting Workshop

Thursday,
January 25, 2018
7-8pm

Presenter:

Andrea Ott, LMSW
John F. Kennedy Magnet
School, 40 Olivia Street
Port Chester



CONTACT:

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- How to create conscious parenting:
Tips to be able to be aware of ourselves and our children's emotions and needs
- How to defeat unconscious parenting:
Creating awareness of triggers rooted in our childhood suffering and our parents' parenting styles
- Understanding parenting styles and how parenting impacts child development
- Learning parent-child dialogue
- Learning to give to our children a love that heals instead of injuring (increasing nurturance, validation, awareness, regulation, and raising positive emotions)
- Attendance counts towards fulfillment of program commitment for parents of CAP students.

All parents in attendance will be eligible for a raffle prize: **THREE WINNERS** will each receive a Carver Center Gift of Learning gift card. (\$60 value)