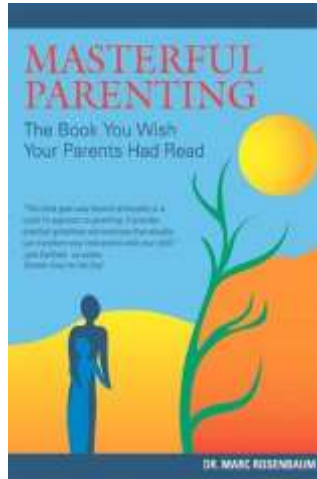


**P.S 340, P.S./M.S. 37, P.S./M.S. 3
M.S. 45, M.S. 228**

**Invite you to participate in a parent workshop
MASTERFUL PARENTING**



In order for change to be significant; parenting must be approached at the level of an individual transformation that requires courage and commitment.

IN THESE SESSIONS, YOU WILL LEARN HOW TO:

- Truly listen
- Take care of yourself
- Understand that how you relate to the issue is the issue
- Acceptance
- Responsibility... Who Is Controlling Your Life
- Forgiveness
- Communication
- Emotional Understanding
- Positive Discipline
- Identifying and changing the irrational beliefs that influence our perceptions
- Trust and Control

DATES: This workshop consists of 6 sessions

English Sessions – Tuesdays 10:00am – 12:00am		
February 28, 2023	March 7, 2023	March 14, 2023
March 21, 2023	March 28, 2023	April 4, 2023

Zoom:

Join Zoom Meeting

<https://zoom.us/j/95993015262?pwd=YWM2MVg2RHJwbWdqRkl2Z2t1OERydz09>

Meeting ID: 959 9301 5262

Passcode: 209503