

Parenting Journey Workshop

This workshop helps parents and caregivers understand how their past experiences and current realities shape their parenting attitudes and beliefs. Through self-reflection and guided conversations, participants gain insights into themselves as both parents and individuals, leading to a more confident parenting style and a sense of community.

Developing Trust

Participants will share about themselves, establish basic ground rules, highlight the supportive and self-informing nature of the process, and provide a hands-on understanding of the group's benefits.



Honoring Yourself

Answer the four Ritual Questions, share a meaningful object, connect these objects to our futures, and explore meditation as a self-care skill



Personal Inventory: Who are we?

Reflect on our self-perceptions, the messages we've received about ourselves, and how these shape our roles as parents.



Picture My Past

Solidify past memories, build trust through reflective listening and empathy, and create a nurturing space for difficult emotions to surface.



Relating Parents and Children

Identify how patterns from our own childhoods influence our parenting styles.



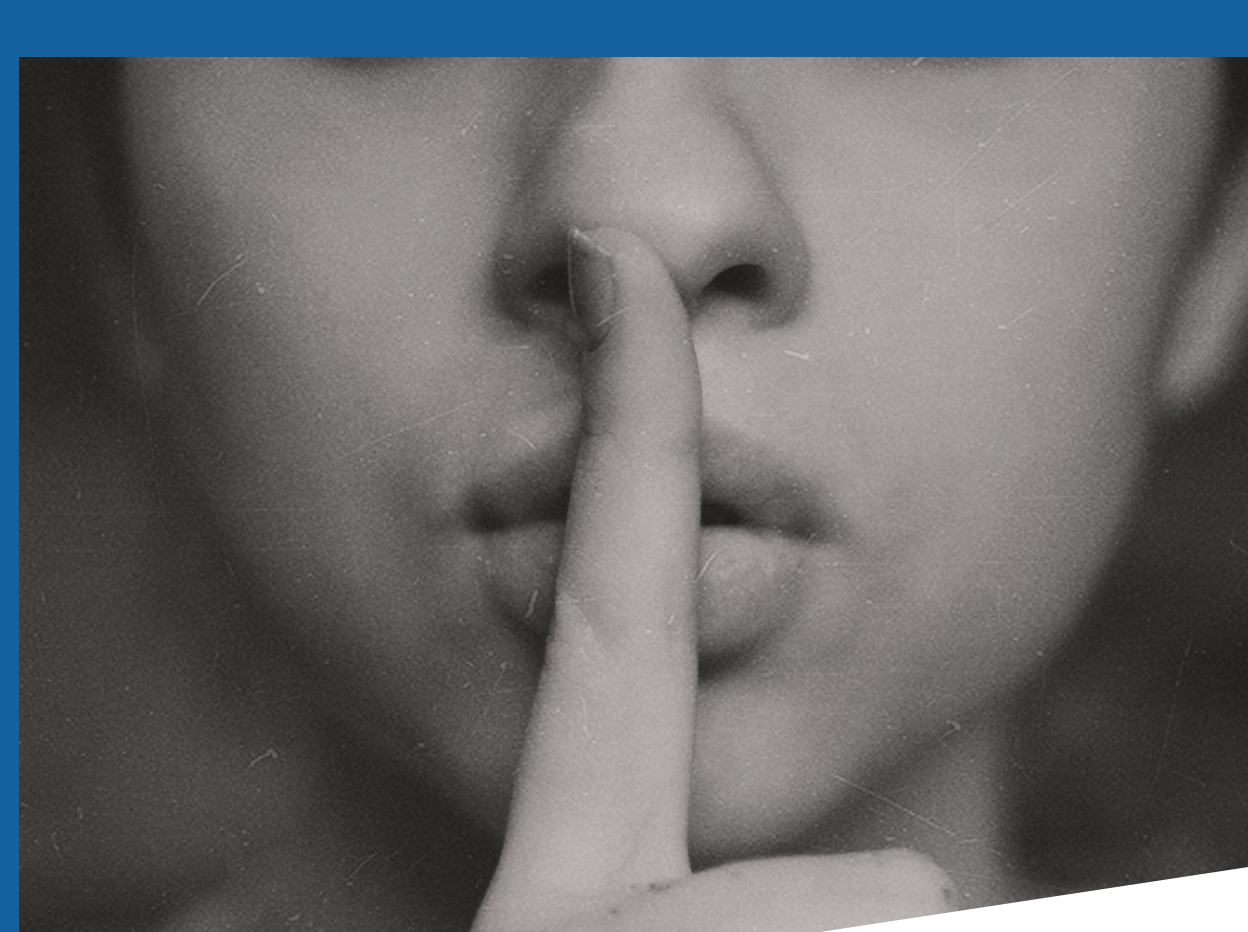
Letter to Our Parents

Address unfinished business with parents, establish a more adult relationship with them, and cultivate empathy.



Secrets and Fears

This session encourages parents to confront their own fears and secrets, creating a safe space for honest self-exploration.



Honoring Your Child's Identity

This session emphasizes the importance of respecting each child's individuality, fostering their unique talents and interests.



Making Choices

Participants explore decision-making processes, considering different perspectives and consequences to make informed choices.



Achieving Our Dream

This session helps parents define their personal and family goals, creating actionable steps to achieve them.



Endings

Participants reflect on the journey and learn to navigate life's transitions with grace and resilience.



Graduation

The final session celebrates the participants' growth and progress, empowering them to continue their journey.

