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*A PARENTING SOCIAL CLUB*

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**THE TALK  
PUB**  
**FOR PARENTS**

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*Parenting with Presence and Purpose*

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*For Single or Partnered Parents*

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# Welcome

Parenting is one of the most meaningful roles we will ever hold—and one of the most demanding. In the middle of busy work schedules, social commitments, and the desire to give our children the best life possible, it's easy to stay focused on doing more while feeling less connected.

The Talk Pub exists to offer a pause. Not to teach you how to be a “better” parent—but to help you reconnect with what already matters most.

## What's Parenting Like in the Digital Era?

The world was very different when our grandparents raised our parents. And different still when our parents were raising us. Today, all past generations are facing new challenges in nurturing confident, sociable, and thriving children in today's technologically driven culture.



# The One Role No One Ever Taught Us

Parenting is one of the few responsibilities that shapes another human being's emotional life—yet most of us were never formally taught how to do it.

We learn academic skills, professional skills, even leadership skills. Parenting, however, has long been treated as instinctual—as something we're simply expected to figure out along the way.

In today's world, that assumption no longer holds. Children are growing up in a fast-paced, digital environment filled with stimulation, comparison, and emotional demands previous generations did not face. Parenting well now requires intention, reflection, and skills we were never asked to develop consciously.

The Talk Pub begins that conversation.





# The Talk Pub for Parents

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## A Unique Experience Called Heartlabs

The Talk Pub for Parents is a social club that offers guided group experiences—called heartlabs—that blend evidence-based psychology with facilitated reflection and conversations about love and relationships.

They're called heartlabs because it's where *love* and *science* meet. They're thoughtfully designed sessions where parents slow down, explore real challenges, and practice ways of showing up with greater calm, clarity, and connection at home.

Every heartlab is designed as a lifestyle upgrade for the modern parent. An afternoon of shared insight, thoughtful conversation, and camaraderie with other parents who care deeply about how love is lived at home.

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# The Talk Pub for Parents

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## A Unique Experience Called Heartlabs

Welcome to a space for parents who want to go beyond instinct and tradition in caring for the little ones whose lives they're shaping.

Think of it as:

- An intentional gathering of smart, self-aware parents
- Research-informed insights, made practical and relatable
- Guided conversations led by experienced facilitators
- A warm, welcoming space where curiosity and growth are encouraged

It's a chance to meet other parents who want to unlock more love, clarity, and connection in the modern world of parenting.

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# Parenting With Presence and Purpose

**Presence matters more than perfection.**

**And presence doesn't mean being available all the time.**

It means being emotionally accessible when it counts. Research consistently shows that children don't need flawless parents. They thrive when caregivers are able to:

- Notice and respond
- Listen without rushing
- Stay regulated enough to guide rather than react
- Repair after moments of conflict or distance

Small, consistent moments of attunement build the foundation for confidence, resilience, and secure relationships.

## **Reflection**

*When did your child feel most seen by you this past week?*





## A parenting social club that builds connection

If this vision we shared resonated, you may be ready for a deeper experience. The Talk Pub for Parents offers themed heartlabs for parents who want to grow in presence, connection, and confidence—together.

Explore upcoming sessions and find the theme that speaks to where you are right now.

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