

# Building Pathways to Healthy Minds

## *Workshops for Parents & Caregivers*



## PARENTING WITH EMPATHY

Children need connection and guidance to grow into healthy adults. This mini-series will help you learn to use empathy to create a safe environment, set boundaries, and hold children accountable while keeping connection in mind.

Part 1:  
CREATING A NURTURING  
HOME ENVIRONMENT FOR  
CHILDREN

Wednesday, October 16  
12PM-1PM

Register at  
<https://childbuilders.org/PWE1>

Part 2:  
USING EMPATHY  
IN DISCIPLINE

Wednesday, November 20  
12PM-1PM

Register at  
<https://childbuilders.org/PWE2>