

# Building Pathways For Healthy Minds

## One-Hour Workshops

### Creating a Nurturing Home Environment for Children

Children need connection and guidance to grow into healthy adults. This workshop will help you learn to parent with connection in mind, using empathy and assertiveness to reach that goal. You will walk away with hands-on strategies for cultivating connection in your home and a better understanding of how empathy can be used to nurture and guide children.

### You've Got This: Parenting and Children's Mental Health

What is typical childhood behavior and when should I be worried? What can I do if my child begins to experience a mental health issue? In this interactive workshop, participants learn about signs and symptoms of mental health concerns in young children and discuss 3 strategies for helping children who may be developing mental health issues.

### Using Empathy in Discipline

After you've set up environments where your child feels connection and empathy, what comes next? Parenting is about the day-to-day interactions that build trust and love. This presentation will focus on connecting with your children while disciplining. Learn to set boundaries and hold children accountable for their choices while maintaining respect for yourself and your child.

### Keeping Children Safe in a Troubled World

This workshop presents proactive strategies adults can use to recognize and respond to abuse. Participants will develop a general understanding of child maltreatment, learn to identify signs and symptoms of abuse, and explore ways to prevent trauma.

### When Life Gets Hard: Parenting Through Trauma

What are Adverse Childhood Experiences? How does trauma impact children? What works to help children who have experienced trauma, such as grief and adversity? In this interactive workshop, participants will learn about how trauma affects development and behavior and leave with 5 strategies to help their child heal from traumatic experiences.

### Feeling Stressed? Learning Mindful Parenting

Mindfulness helps parents and guardians pay attention to the present moment with kindness, openness, and curiosity. Participants will learn strategies to help release distraction, calm their minds, and respond to parenting stress with less judgment and greater compassion for themselves and their children. Presented by Dr. Ann Friedman and Mindful Being Houston.

*Virtual presentation only via Zoom or Teams.*



 **Book Now!**

**Virtual Webinar - \$200**

**In-Person Workshop - \$500**

**Sponsorships Available**

