

FULLNESS Workshops for Parents

PARENTING PEDAGOGY



Effective Parenting

Our very best strategies, techniques & action plans profoundly taught in a day would aid parents in developing parenting super powers and you will live the family life you want



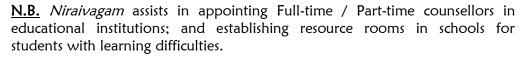
Family Interaction & Management

The effect of family interactions, family dynamics, psychosocial approaches to family and its management would be taught during this oneday workshop



Mindfulness & Stress Management

This one-day workshop is aimed at training parents on stress management with mindfulness practices to have a happy and fulfilling life



For more details, please contact

Fr. Joseph Jeyaraj SDB | Director | +91-9941542531 | director@niraivagam.org The Citadel, # 45, Landons Road, Kilpauk, Chennai - 600010, Tamil Nadu, India

www.niraivagam.org