



## 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 one-day 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



**N.B.** *Niraivagam* assists in appointing Full-time / Part-time counsellors in educational institutions; and establishing resource rooms in schools for students with learning difficulties.

*For more details, please contact*

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