

WORKSHOPS *for Parents*

Balanced Childhood

In today's fast-paced world, stress has become as much part of our every days as breakfast or showering. Unfortunately, our children are not exempt from this. While we may not be able to eliminate all sources of stress, we can certainly take steps to limit and control them.

The key to reduce stress is to simplify our children's lives by decreasing the unnecessary information they are exposed to, reducing the number of choices they have to make, and structuring their lives to make it as predictable as possible.

Join us for a transformative workshop where – by exploring practical strategies – you will gain valuable insights and general guidance to identify areas in need of change. Together, we will work towards creating a less stressful and mentally healthier environment for your children.

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C.A.R.E

CONNECT.ACCEPT.REFLECT.EVOLVE