



Bridge the Gap Parenting Seminar



THURSDAY
MAY 16TH



6:30P - 8:00P



MEETING HALL (EAST LOT)
600 LANDMEIER RD
ELK GROVE VILLAGE, IL
60007

There is so much parenting advice, programs, and talks on parenting everywhere! It is no wonder parents feel overwhelmed with an overload of information. It's one thing to have knowledge about parenting strategies but it is another thing to put whatever you know into actual, consistent practice.

Have you ever been in an intense parenting situation that ended with yelling, crying, and guilt? Parenting can be a very challenging role we play, especially given the stressful lives that most people live. There is no "one size fits all" in parenting and every parent needs to discover a unique path that works best for them and their families.

This is an invitation to learn and explore ways to bridge the gap between knowledge and practice.

In this seminar, parents will learn to:

- ◆ *Identify personal triggers that hinder them from connecting to their kids*
- ◆ *Process intense emotions and learn strategies to regulate themselves and their kids*
- ◆ *Discover ways to be the parent they aspire to become*
- ◆ *Understand and communicate emotions more effectively and empathically*
- ◆ *Explore personal challenges and parenting struggles when dealing with disrespect, arguments, and meltdowns*
- ◆ *Gain ongoing understanding, support, and encouragement from other parents.*

This seminar is being conducted by Priya Vadaya Bhatt M.Sc., M.A. from Elk Grove Township's Adult & Family Counseling Program.

Registration deadline: May 3rd

**No charge for Elk Grove Township Residents!*

To register or for any other additional queries:



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