



Parenting

SUPPORT & EDUCATION

Parenting is both rewarding and challenging, and at times, guidance and support are essential. We offer parenting workshops within the community, available upon request, to equip parents with practical tools and insights for effective parenting.

Workshop topics include positive discipline, the difference between discipline and punishment, effective communication, managing sibling rivalry, understanding children's love languages, and more. These sessions are designed to empower parents with the knowledge and skills needed to raise emotionally healthy children and to foster strong, supportive family relationships.

In addition to group workshops, individual consultations are also available to address specific parenting challenges. These personalised sessions provide tailored support to help parents navigate unique situations with confidence and care.



Get in Touch

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🕒 Monday - Thursday 8:00 - 16:00

🕒 Friday 8:00 - 13:00