

Parenting is a journey that embarks you on experiencing different kinds of emotions. There is fulfillment and pride and there is heartbreak and disappointment. The challenges in parenting are real and so is the stress that parents go through. We are all bombarded with so much of parenting information and often aspire to embrace good ideas. Yet we struggle to integrate what we want to.

This seminar offers an opportunity to explore ways to bridge the gap between knowledge and practice. Learn skills that support you on your parenting journey.



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

## **Registration deadline: March 7**

\*No charge for Elk Grove Township Residents and Childcare provided!

To register or for any other additional queries:

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847-981-0373

pvbhatt@elkgrovetownship.com