## CREATING OPPORTUNITIES FOR NEW NARRATIVES, ENCOURAGEMENT, COMMUNICATION & TRUST

## notMYkid®

PRESENTS

## PROJECT COMMECA

## Project CONNECT, our parent workshop, has officially launched!

Parenting is challenging, and there may be times when we question whether the things we are doing are enough to protect our children and help them develop into healthy and productive adults. Improving our connection with our children is the most important thing we as parents can do to increase resiliency and prepare them for the challenges they face in a constantly changing world.

Join us to gain a fresh perspective that will help you to inspire your children to make wise choices. Together, we will strengthen the connections you have with your family and with yourself. Learn ways to provide a safe space for your children, one that is free from judgment and where they feel comfortable to share their thoughts and feelings with you.

At the end of the workshop, our goal is to have you feel more hopeful and optimistic about the future of your family.



Vanessa Baker

**Scan to Register** 



This is a PARENTS ONLY workshop.

For questions please contact vanessa@notmykid.org

