



Cordially invites you to

A WORKSHOP ON

POSITIVE PARENTING

FOR PARENTS OF CHILDREN AGED 10-15 YEARS



FROM POWER STRUGGLES TO MEANINGFUL CONNECTION

June 27, 2026 | 09:30 am - 12:00 pm

TOPICS COVERED

- Understanding the adolescent brain
- Emotional changes during adolescence
- Communication without power struggles
- Setting healthy boundaries
- Relationship & friendship struggles
- Digital media safety
- Positive discipline strategies
- Building emotional safety

WHO CAN ATTEND?

Parents of children aged 10-15 years

WORKSHOP HIGHLIGHTS

- Real-life scenario discussions
- Interactive parent activities
- Practical home strategies
- Reflection exercises
- Fun & engaging learning experience

PROGRAM HOSTS



Dr. Amulya Mysore
MBBS, DCH, DNB (Pediatrics, MNAMS),
Master's in Child Development
Consultant Pediatrician
& Development Specialist
Yashoda Hospitals, Hitec City



Ms. Anagha
Counselling Psychologist
& Behavioral Therapist
Yashoda Hospitals, Hitec City

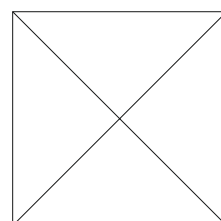


Ms. Punya
Counselling Psychologist
Yashoda Hospitals, Hitec City

Followed by Lunch

Registration Fee

- Single Participant: ₹999 /-
- 2 or More Participants : ₹699 /- (per person)



SCAN HERE
TO REGISTER

“Because teenagers do not just need rules - they need understanding, emotional safety, and guidance.”