

## Two Workshops Coming This Spring And Summer

Reimagining Anxiety in Families  
Four Part Series for Parents & Their Tween / Teen



Time Management  
90 Minute Workshop for Busy Parents

Events Led By Neelma Pyfrom  
Life Strategist



# Reimagining Anxiety in Families: Shared Struggle & Shared Support

4 Part Series (90 Minutes Each) Offered to Parents and Their Teenager, Ages 11-13

Week One: Understanding Anxiety (Parents & Teenagers)

Week Two: You Are Not Alone (Teenagers Only)

Week Three: How to Support Your Teenager (Parents Only)

Week Four: Applying Changes in the Home (Parents & Teenagers)

Anxiety impacts the entire family system. Whether it is a child, parent, or both being affected, anxiety's hold on a family can be destructive. We often hear how we have to 'battle' or 'struggle' against anxiety. But, what if we were to shift our perspective - learning, instead, to 'hold space' with our anxiety and coming at it from a place of non-judgment? What would it be like to have parent or child at your side traversing this path with you?

This workshop series will provide education about how to work through anxiety, communicating both our needs and expectations appropriately, and support one another through this process.

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## Time Management: How NOT to Need More Hours

90 Minute Workshop Offered to Any and All Parents

Calling all busy parents! Are you often uncertain how you will complete all necessary tasks within the allotted 24 hours of the day? /Do you wonder how everyone else appears to 'have it all together', while you are floundering to simply keep up with the laundry? Have you written yourself and own self-care out of your schedule? Believe it or not - you are not alone. This workshop will show you how to better manage your time to be more in control of your day, write your needs back into the schedule, and ultimately realize you can do this!