

Positive Parenting Program

Parenting can be fun if it has positive elements of love, emotions, communication, nurturance, affection, and attention.

PPP program has been designed especially for PARENTS to learn simple techniques to bring these positive elements in their relationship with the child to make the parenting more enjoyable.

The areas that are addressed in this program are:

- *Understanding your child*
- *Understanding parenting*
- *Enhancing communication*
- *Dealing with negative emotions*
- *Nurturing positive relationship*
- *Dealing with stress*
- *Protecting your child from abuse*

Venue

**NIMHANS Center
for Well Being**
1/B, 9th Main, 1st
Stage,
1st Phase, BTM
Layout, Bangalore -
560076

Date

28/10/2017

Time

1:30pm to 4:30 pm

Resource person:

Dr. Kavita Jangam,
Assistant Professor,
Dept of Psychiatric Social
Work, NIMHANS.
Bangalore.

Registration details:

- *A maximum of 30 participants will be accommodated on a first come first serve basis.*
- *Rs. 200/-(Includes 9% CGST and 9% SGST)*
- *Contact to register –Ms. Padmavathy/Ms. Anu Antose*

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