

# COFFEETALK PARENTING

Parenting programs that have a positive impact on children by first positively impacting their parents.

1

## AAP BEETI

- Self Awareness
- Self Discovery
- Childhood Journey

2

## CONSCIOUS PARENTING

- Child Psychology
- Anger & Mood Swings
- Changing Environment

3

## BRIDGING GAPS

- How to talk so that Kids can Listen
- Parents as Friend
- Non verbal Parenting

4

## AWARENESS SESSIONS

- Cyber Security & Digital Footprints
- Girl Talk (Mother-Daughter Pgm)
- Guy Talk (Father-Son Pgm)

5

## PARENTING IN 21ST CENTURY

Things you fear and are afraid to ask. For 21st Century Learner

**Duration of sessions: 1hr 30min**

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