

PAYMENT CAN BE DONE VIA:

- Cash
- NEFT & RTGS
- Bank transfer

Bank Details:

A/c Name- Sanghamitra Sau,

A/c No. 10410458835,

IFSC code: SBIN0001451, SBI Rajpur Branch

FOR QUERIES CONTACT:

- Whatsapp / Mobile Nos.
Sanghamitra Sau Sengupta: 8811046995
Purvi Balasaria: 9748441834
- E-mail: drsanghamitrasausengupta@gmail.com
sanghamitrasau43@gmail.com
purvibalasaria@gmail.com
- **Website:** www.shrihealthcare.in

Workshop on Parenting



Organized by –

**Sri Healthcare-Research International
(SHRI Healthcare)**

Centre for Mental Health, Well-being and Life



Date: 25th August, 2019 **Time:**

10:00a.m -5:00p.m **Venue:**

Hotel ACME 15/1 Circus

Avenue, Near Bangladesh High
Commission, Kolkata-700 017

ABOUT SRI HEALTHCARE-RESEARCH INTERNATIONAL (SHRI Healthcare)

We at SHRI Healthcare believe that Mental Health is the basis of our Health, Wellbeing and Life.

VISION:

The vision of SHRI Healthcare is to raise happy, healthy and blessed children through Prenatal and Postnatal Education, starting 3 months prior choosing to be pregnant, mental health and overall Health of individuals belonging to all walks of life, and age. The vision of SHRI is for a healthy, enriched society.

MISSION:

Our mission at SHRI Healthcare is to attain our vision and work at our purpose through conducting workshops, events, training, courses, individual and group counseling including Psychotherapy to promote Health, Self-Empowerment to would be Parents, Parents, Students, Family, Teaching Faculties, Doctors, Nurses, Midwives and other individuals of society to prevent Depression, Self-Harm, Anxiety, Stress and Mental health related concerns.

THEME OF THE WORKSHOP

Mental health is essential for healthy and effective functioning of our life.

Mental health entails of effectively coping with daily stressors with the necessary skill set learnt since birth from environment, society and parents. There is no perfect parent, however there are smart and equipped parents.

The workshop aims at making the parents, would be parents and other individuals involved in managing

children be equipped with research based techniques to help in the growth and nurturance of a child. The workshop is focused on parenting, empowering family and strengthening parent-child relationship which might be affected due to various reasons such as technology, generation gap, working hours of parents and family, etc.

The workshop is focused on enabling parents and would-be parents in nurturing the babies and children to grow into healthy, happy and blessed individuals with confidence in Self, abilities to cope with all life situations and cultivating resilience.

WHO CAN JOIN?

- Parents of children belonging to any age group
- Would-be parents
- Teachers and other Professionals involved with regard to management and growth of children
- Mental health professionals
- Students and professionals interested in the theme

FEATURES

- Interactive sessions
- Handouts and reference materials
- Worksheets
- Activity based and participatory learning
- Provision of lunch and evening tea/coffee, snacks.

REGISTRATION FEE

- Early Birds (till 15th August, 2019): Rs. 750/-
- After Early Bird: Rs. 800/-
- On-spot registration: Rs. 850/-