

PARENT WORKSHOP

HOW TO START EMPOWERING (AND STOP HELPING)

Save THE Date



THURSDAY, APRIL 25TH

6:30-8:00PM

ÉCOLE HILLGROVE SCHOOL

**HOSTED BY
SUE HUFF**

This workshop is based on the principles of Peer Support, and will start the process of shifting your role from the "one with the answers", to the "one who helps them find their own answers." We will discuss healthy boundaries, the difference between feeling Responsible FOR someone and feeling Responsible TO someone, how active listening and becoming more comfortable sitting with difficult emotions can help you walk beside someone rather than feeling the need to protect them from their pain, rush in to fix it, or avoid it altogether.