



# Parenting Program for Farsi and Dari Speaking Families

Building healthy relationships with your children is a fundamental parenting skill. As a parent, we want to raise healthy individuals. This starts with knowing and practicing strategies that help us mitigate parenting challenges. Join us for a session full of helpful information and practical strategies. Some of these topics are:

## **Session 1: Fostering positive relationships with children with looking at self-esteem enhancement strategies**

- Tips on fostering a healthy and secure attachment with your child
- Useful communication strategies such as emotional validation and normalization
- Learning how to strengthen your child's self-esteem

## **Session 2: Regulating Emotions**

- Functionality of emotions: What can emotions do for you?
- Understanding and naming emotions
- Tips for addressing your child's emotions and strategizing healthy coping strategies to deal with challenging emotions

## **Session 3: Social Media and Parenting Concerns Q&A**

- Social media and recommendations regarding healthy social media habits
- Age-appropriate screen time
- Peer pressure and interpersonal skills

**Date:** February 27, March 27 and April 24, 2023

**Time:** 6:30 pm - 8:30 pm

**Location:** Zoom (Virtual) Held in Farsi / Dari

[Register Here](#)

For more information, please contact: **Maryam Jariani**  
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Speaker: **Afsaneh Zafarani** School Social Worker

Speaker: **Mahsa Ghayoumi** Psychotherapist from (Family Service York Region)