



REAL LIFE

Parenting from the heart

Family Wellness Ministry
PARENTING WORKSHOP SPRING SERIES



Mark your
calendars
for
THURSDAY
May 11th
May 25th
6:30 - 8 p.m.
(Pacific Time)

“PLEASE UNDERSTAND ME!”

Connecting to the inner life of our kids

This 2-part parenting series on zoom will integrate solid psychological research and wisdom from Orthodox Christian teaching providing insightful and practical content with opportunities for interactive discussion. We will share about cultivating stable emotional connection, communication skills, parenting styles and integration of authentic faith in Christ.

**Our Family Wellness Ministry team is excited to CONNECT
with you face to face ~ heart to heart**



Our Family Wellness Ministry Team is delighted to partner with the Youth and Young Adult Ministry to bring you practical tools and helpful insights to support you in your Christ-centered parenting. The workshop series is free and open to parents with kids of all ages.

Vibrant ministries of the Metropolis of San Francisco



Family Wellness Ministry



YOUTH &
YOUNG ADULT
MINISTRIES

REGISTER TODAY:

www.familywellnessministry.org
www.gosfyouth.org