

# PARENT & CAREGIVER WORKSHOPS



*Build your tool kit to help your kiddos grow up to be emotionally healthy adults*

## TOPIC LIST

*Seeking a specific topic? Message Merri, additional topics available.*

### **PARENTING WITH THE 5 LOVE LANGUAGES**

Do you focus on what is going wrong vs. seeing what is going well? You aren't alone. This workshop explores the five love languages to discover your and your family members primary language. Then explore ways of being multilingual and expressing love in your family.

### **PARENTING & EMOTIONS**

Do negative thoughts and feelings get in the way leaving you longing for focus, calm, and peace? In this workshop, you will learn mindfulness techniques that help mitigate stress and cultivate harmony.

### **PARENTING & DIGITAL WELLBEING**

Is tech enhancing or taking away from your family life? Do you crave a deeper connection with your loved ones free from device interruptions? Current reports show mental health impacts of stress and anxiety linked to screen use. Learn the process for making a family media plan that brings balance, peace, and connection.

### **PARENTING FOR RESILIENCY**

Do you feel you need more tools to support your kiddos when times are challenging? You will learn six steps necessary to build resiliency; character factors that enhance resiliency and the life skills required to sustain the ability to cope with life's transitions and avoid roadblocks of fear.

### **PARENTING & CALMING THE CHAOS**

Do you long for calm and cooperation in your home? In this workshop, you will learn five peaceful parenting tools that can be implemented immediately.

### **PARENTING FOR DEEPER CONNECTIONS**

How does it feel to be deeply connected? Connections with love is "heart work." In this workshop, you will learn to express yourself and listen to others while enriching each individual using four areas of awareness: observing, feelings, needs, and making requests. You will gain tools focused on deep listening to oneself as well as others, fostering respect and empathy.

### **DOCUMENTARY SCREENING:**

### **SCREENAGERS UNDER THE INFLUENCE: ADDRESSING VAPING, DRUGS, AND ALCOHOL IN THE DIGITAL AGE**

Bring this BRAND new film to your community! *SCREENAGERS UNDER THE INFLUENCE* delves into how tech revolution has reshaped adolescence and its effects on substance use.

The film debunks myths and depicts strategies parents and caregivers can use to encourage healthy decision-making support teen mental health, set limits, and create healthy home environments. Panel discussion immediately following the film and an opportunity to learn more about resources offered in our community.

## **Contact:**

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Merri Guggisberg is a Certified Parenting Coach and Educator. As the founder of MKG Parent Coach, she has more than 20 years experience educating and thriving alongside parents and children in faith and school communities. Merri helps parents nurture connections with their loved ones and provide empowering strategies for peaceful and loving home. When not on FaceTime with her two adult children, you can find Merri and her husband trekking Minnesota State Parks along with their golden-doodle, Kula.