



Family services workshop



# RAISING EMOTIONALLY HEALTHY CHILDREN



Sewa USA and JVB Preksha Meditation Center cordially invite you to the workshop that will help create better understanding of your child's emotional world and provide your child the skills to have positive social and emotional development along with intellectual growth.

In this workshop you will learn 5 simple steps for coping constructively with your child's feelings by learning how to recognize, respond to and validate feelings; building understanding, empathy and nurturing the relationship.

**SPEAKER : Mrs. Bhawna Luthra**

*MA, LPC, LMFT Marriage and Family Therapist*

**CONTACT :**

Seema Jain : 281-575-0575

Umesh Kapur: 346-901-6999

Sachin Dabir : 609-598-0963

Rajeshree Jaiswal: 281-804-9759

10.30 am to 12 pm

**Saturday  
June 24<sup>th</sup>**

**VENUE :**

JVB Preksha Meditation  
Center

14102 Schiller Road,  
Houston TX 77082

Email [ws-houston@sewausa.org](mailto:ws-houston@sewausa.org)