



# PARENT EMPOWERING GROUPS

Join our warm and inviting parenting small groups, where you can connect with other parents and grow together in a supportive environment.



## WHY JOIN US?



### INTENTIONAL PARENTING

Discover how to be a more intentional parent, focusing on thoughtful and reflective parenting practices.



### PRACTICAL TIPS

Get practical evidence-based strategies to handle everyday parenting challenges.



### SUPPORTIVE COMMUNITY

Connect with other parents who understand the highs and lows of raising children.

- **Interactive Discussions:** Engage in meaningful conversations on parenting topics.
- **Video Curriculum:** Learn from expertly crafted videos with evidence-based strategies.
- **Peer Facilitators:** Facilitated by fellow parents who have walked the journey.

PROGRAMME FORMAT:  
8 SMALL GROUP SESSIONS (1-2 PER MONTH)

#### Want to Know More?

Email us at [parenting@touch.org.sg](mailto:parenting@touch.org.sg)  
Or WhatsApp [+65 67098423](tel:+6567098423)

**REGISTER NOW**



**TOUCH Parenting**  
A Service of TOUCH Community Services