

# Parent & Caregiver Educational Sessions



*Because kids don't come with instructions, but support is available.*

## **Calming the Chaos: Tools for Peaceful Parenting**

Seeking calm and cooperation at home? This workshop introduces five immediate peaceful parenting tools to transform daily interactions and nurture a calm home environment for you and your children

## **Mindful Parenting: Emotional Connection**

Struggling with negative thoughts and stress? This workshop explores mindfulness techniques to foster focus, calm, and deeper family connections, helping you maintain emotional clarity in parenting challenges

## **Strengths-Based Family Connections**

This session guides attendees in recognizing and applying character strengths to deepen family connections. Using the Values in Action Inventory, learn to celebrate your own and your child's strengths, aligning them with family values to foster positive self-image and stronger bonds. Discover practical ways to enhance everyday interactions and celebrate each family member's unique contributions

## **Digital Wellbeing for Families**

Struggling with technology's impact on family life? This session addresses screen-related stress and anxiety, guiding you in creating a family media plan for balance, peace, and connection.

## **Cultivating Deep Connection in Family Life**

Enhance family relationships through heart work. This workshop focuses on four key areas: awareness, observation, feelings, and requests. Gain tools for deep listening and expressing yourself, fostering respect, empathy, and enriched connections

## **Family Substance Prevention Essentials**

Worried about substance use in your family? This session explores brain development and practical prevention tools. Learn to have open conversations about substance use and implement preventive measures for your family's well-being.

## **Navigating Life in the Sandwich Generation**

Balancing the needs of children and aging parents? This session offers strategies for time management, setting boundaries, utilizing community resources, and preventing burnout. Learn how to navigate financial and healthcare decisions and involve family members effectively in caregiving.

## **Connect with MKG Parent Coach**

Interested in enhancing parenting skills within your community or organization? Educational Sessions are tailored for schools, workplaces, and community groups, both in-person and virtually. If you're seeking a specific topic not listed, don't hesitate to reach out — additional topics are available upon request.

## **Contact:**

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*Meet Merri Guggisberg—a Certified Parenting Coach with over 20 years of experience nurturing family growth. Dedicated to fostering peaceful, connected homes, Merri's support is informed by her extensive involvement in faith-based and educational settings. Outside of coaching, Merri enjoys exploring Minnesota's state parks with her family. Her commitment to family values and deep understanding of parenting dynamics make her a sought-after coach and speaker, ready to help your family.*