

WORKSHOP FOR TEENAGERS



This workshop, organised by Impact health consultants in collaboration with famous dieticians aims to educate teenagers on their sexuality Self-Esteem and Body Image, Stress, Bullying, Depression, Cyber Addiction, Drinking and Smoking, Teen Pregnancy, Underage Sex, Child Abuse, Peer-Pressure and Competition ,Eating Disorders and the need to be responsible and to have the right values so as to curb these problems among teenagers.

Although children are often resilient, in an increasingly stressful world, they may have difficulties coping with the everyday stressors in their lives. As a result, they may express their challenges behaviourally, which can be frustrating for families. Unfortunately, even the most well-meaning parents may make their child's anxiety worse. In this workshop, you will learn the common pitfalls parents make and effective strategies to help children manage anxiety and become independent, successful leaders in their own lives.

Learning difficulties can be challenging for any child, their parents, and teachers. It is important to establish the domains in which the child is experiencing difficulties. It is also common for social anxieties to present as learning disabilities, as the child may be withdrawn and consequently misunderstood. Our workshop include psych educational assessments to begin to better understand your child's experiences. This is a crucial component of the psych educational assessment to ensure we move forward with the best information.

The purpose of the assessment is to help provide an objective understanding of what your child needs, what their strengths and weaknesses are, and what type of intervention is necessary, with the intention of providing insight, information, and a way forward.

Upon completion of the assessments, we provide a report advocating on your child's behalf to the respective school board. The results we provide include specific recommendations to optimize the learning conditions for your child.

Parents who wish to register their children, please call +91-7065507717