What do you need to know about mental health of your children?

If you notice few of the following symptoms in your child: sleep disturbance, temper tantrums, aggression, anxiety, low mood, stress, low self-esteem, fear or poor grades in academics, you can improve these problems by attending a well-designed parent training for immigrant families.

It is said, “there is no health without mental health”.

Mental health is very important for daily life functioning. If you want to solve your child’s mental health related issues, we can train you with new skills to manage such issues.

We are offering a parent training for immigrant families in Marburg. We will train you how to manage your own stress and how to behave with your children. The training will equip you with healthy parenting styles.

Our parent training will help you to improve your parenting styles and will teach you techniques to handle your child’s issues through healthy parenting. This will improve parent child relationship. You can find these information and parent trainings in Urdu, English and German languages.

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Our parent training will help you to improve parentin

Training for the immigrant parents to help their child through positive parenting

Be informed
Be skilled
Be happy & healthy

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