



APARA

INDIA

Anthroposophic Psychology  
And Research Association

in association with



# Nurture Right



Are you navigating the challenging journey of parenting a teenager?  
Do you wish to prepare yourself better to have fun with your growing child?

Join us for an insightful and an engaging workshop tailored to understanding adolescent parenting

## WHY ATTEND?

Empower yourself with tools and knowledge to build a strong, supportive and healthy ecosystem for you and your growing child

## WHAT ARE THE FEES?

INR 300 per person

## WHEN & WHERE?

**Date:** 12th January 2025, Sunday

**Time:** 10.00 am to 12.00 pm

**Venue:** Online (Zoom)\*

## THE FACILITATOR

Suchitra Inamdar  
*Psychotherapist, Director APARA*

## CONTACT & REGISTRATION

**Contact:** +91 8657389785 (WhatsApp)

**Register here:** <https://forms.gle/TQWLMYMG8YxpZ3gz8>

\*Zoom link will be provided to registered participants via WhatsApp