

Parent Wellness & Parenting Workshops

by Counseling with Riya

Interactive, insightful, and experiential sessions to help parents thrive — both as caregivers and as individuals.

1. Digital Balance: Raising Screen-Smart Kids

Duration: 90 minutes | **Ideal Group Size:** 10–25 | **Mode:** Virtual & In-person
Covers: Healthy screen-time strategies, digital boundaries, social media awareness, fostering offline hobbies.
Experiential Element: Parents map their child's "digital diet" and design a balanced routine.
Outcome: Confident strategies to manage tech while promoting mindful digital habits.

2. Calm Parents, Calm Kids: Emotional Regulation at Home

Duration: 75–90 minutes | **Ideal Group Size:** 8–20 | **Mode:** In-person preferred (adaptable online)
Covers: Co-regulation practices, mindful responses vs. reactions, managing emotional triggers.
Experiential Element: Guided breathing/visualization + role-play of parent–child conflict resolution.
Outcome: Parents model calmness, teaching kids emotional resilience.

3. From Teen Stress to Teen Strength

Duration: 90 minutes | **Ideal Group Size:** 10–25 | **Mode:** Virtual & In-person
Covers: Supporting teens under academic/social pressure, trust-building communication, balancing independence.
Experiential Element: Reflective journaling on parent–teen conversations + group sharing.
Outcome: Parents learn tools to support stressed teens while keeping connection strong.

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Transforming Wellness, One Workshop at a Time.

4. Work–Life–Parent Balance

Duration: 75–90 minutes | **Ideal Group Size:** 10–25 | **Mode:** Virtual & In-person

Covers: Managing multiple roles, time boundaries, guilt-free self-care.

Experiential Element: Time-mapping exercise + discussion on balance strategies.

Outcome: Parents build realistic, personalized action plans for balance.

5. Pause for Yourself: Self-Care Beyond the Buzzword

Duration: 75–90 minutes | **Ideal Group Size:** 10–20 | **Mode:** Virtual & In-person

Covers: Micro self-care practices, sustainable routines, guilt-free rest.

Experiential Element: Guided relaxation/meditation + group brainstorm of “self-care hacks.”

Outcome: Parents weave self-care into daily life with ease.

6. Joy Rediscovered: Identity Beyond Parenting

Duration: 90 minutes | **Ideal Group Size:** 8–15 | **Mode:** In-person preferred (adaptable online)

Covers: Reconnecting with hobbies, creativity as self-care, reclaiming personal identity.

Experiential Element: Creative activity (art, writing, or vision-boarding) to rediscover passions.

Outcome: Parents feel more fulfilled as individuals, bringing renewed joy to family life.

7. The Empathy Edge: Understanding Your Child’s World

Duration: 90 minutes | **Ideal Group Size:** 8–20 | **Mode:** In-person strongly recommended

Covers: Perspective-taking, active listening, parent–child empathy exercises.

Experiential Element: Role-reversal activity + guided reflections.

Outcome: Parents foster deeper connection and reduce conflict through empathy.

8. From Exhaustion to Energy: Parent Burnout Reset

Duration: 90 minutes | **Ideal Group Size:** 8–20 | **Mode:** Virtual & In-person

Covers: Recognizing burnout, boundary-setting, energy-restoration practices.

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Experiential Element: Body scan meditation + energy “reset” exercises (movement/stretch-based).

Outcome: Parents learn to prevent burnout and sustain long-term energy.

9. Parenting in the Modern Age: Tackling Comparison & Competition

Duration: 90 minutes | **Ideal Group Size:** 10–25 | **Mode:** Virtual & In-person

Covers: Handling academic competition, reducing social/media comparison, fostering intrinsic motivation.

Experiential Element: Group discussion + reflective worksheet on “comparison triggers.”

Outcome: Parents shift from comparison to confidence in guiding their children.



Why Choose Counseling with Riya?

- **Professional Expertise:** Led by a qualified counseling psychologist with a focus on both parent wellbeing and child development.
- **Practical & Experiential:** Every session blends knowledge with interactive exercises, ensuring take-home tools you can actually use.
- **Holistic Approach:** Balances mental health, family relationships, and individual self-care.
- **Relatable & Modern:** Tackles today’s real parenting challenges — from screen time to burnout — in a down-to-earth way.
- **Safe & Supportive Space:** Parents engage, share, and grow in a non-judgmental environment.

Get in touch for pricing & bookings:

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