

NEW WEBINAR FOR TEENS AND PRE-TEENS STARTING IN MAY.

1 MIN • YOUTUBE • [HTTPS://WWW.YOUTUBE.COM/WATCH?V=SD1VT-TE2KA](https://www.youtube.com/watch?v=SD1VT-TE2KA)
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SUMMARY

Dr. Shafali announces a webinar series aimed at helping parents navigate the challenges of raising teens and pre-teens, starting in May. The program includes weekly sessions and access to a supportive Facebook community for ongoing interaction and guidance.

- *Weekly webinars every Wednesday from 1 to 2 p.m. Eastern.*
- *Focus on elevating parental consciousness to better support teenagers.*
- *Personal experience as a mother of a 13-year-old informs the content.*
- *Emphasis on managing emotional chaos and mood unpredictability in teens.*
- *Access to a private Facebook community for support and interaction.*
- *Daily engagement with Dr. Shafali for questions and guidance.*
- *Aims to empower parents with tools for a more mindful parenting approach.*

Hi everyone, Dr. Shafali here. Well, you asked for it and I'm so excited to deliver my webinar on teens and pre-teens starting in May every Wednesday between 1 and 2:00 p.m. Eastern. Join me to understand how to elevate our own level of consciousness so that we can help our teenagers navigate this crucial phase of development in the most mindful way. As a mom of a 13-year-old, I know how it feels to be at the receiving end of the onslaught of their wrath, the unpredictability of their moods, their uh chaos of emotions. I'm here to help you day by day, moment by moment. In addition to the weekly webinar, you'll also be invited to be part of a private community Facebook page. And I cannot tell you how pivotal these Facebook pages are. They become your backbone during the month. Your support through your trials and triumphs. You'll be able to interact with me on this Facebook page almost on a daily basis. Sometimes even twice or thrice a day. I answer or I aspire to answer almost all questions so that it almost feels like I'm your family coach with you through the month as we realign our energies, reshift our focus, and enter the parenting process that this journey offers with greater vigor, courage, zest, and consciousness.

Hope you'll join me there.