

### Parenting Schedule for SS1 and SS2

During adolescence, youth move to establish more independence from their parents and family and show greater closeness to their peers. Although this transition is often a time of strained relationships, research indicates that parents and adult caregivers remain critically important in the lives of youth. In an attempt to help our young ones in this critical period of development we invite you to a parenting session on 7<sup>th</sup> May, 2016. The schedule has been given below. Your participation is valuable to us as we are the joint stakeholders in our children's lives.

#### Schedule for Parenting Session

Class	Time	Venue
SS1	9:30- 11:00	Yoga Room
SS2	12:00 – 1:30	Yoga Room