

Testimonials



Attending the “Raising Mentally Strong Kids” workshop was truly eye opening and incredibly reassuring. It gave us a fresh and meaningful perspective on understanding our children emotions, their behavior, and the challenges they face. Hearing from other parents who are working through similar situations made us feel far less alone. There was such comfort in knowing we’re part of a supportive, compassionate community.



The guidance we received was both practical and encouraging, leaving us more confident in our ability to help our kids grow with resilience and strength. We’re also so grateful for the book we got to take home; it’s already become a valuable resource we know we’ll return to again and again.

Overall, this workshop was exactly what we needed, it was uplifting, informative, and filled with hope. Highly recommended!



Thank you for putting together the "Raising Mentally Strong Kids" workshop - I thought it was great, time very well spent. The material was important, and well put-together and presented. The program was time very well spent, with a good number of tangible takeaways - and, intangibly, the community and discussion with other parents navigating similar paths was priceless.