

# IT STARTS WITH ME

Are you joining us?

Positive  
training  
for parents and  
caregivers

You are most welcome to join!

**Children copy behavior from their parents and caregivers. In this training you will discover how you are an example for your child and what you yourself find important to pass on to your child.**



*"I now have more self-confidence and take better care of myself. As a result, I have more time for my family."*

The training consists of 6 meetings of 3 hours. Together with other parents you will think and talk about your role and responsibility as a parent. You can immediately start working at home with the changes you want in your daily family life.



## When

Kick-off meeting

Day 2

Day 3

Day 4

Day 5

**closing with certificate**

## Dates

12 March

19 March

26 March

02 April

09 April

16 April

## Time

9.00 till 12.00

## Where

Salto SBO De Vijfkamp  
Torenberglaan 52, Eindhoven

*"I discovered that I can be quite authoritarian, just like my father. The training makes me look and listen better to what my child needs. Our bond has improved as a result."*



## Introducing myself

I'm Gabi Lodewijks, I'll will guide you during the training and I'm looking forward to meeting you

## More information

Would you like to know more about the training 'It Starts With Me'? Then scan the QR codes.



More info



experience stories

## Register - Participation is free

Do you want to participate? Register quickly by sending a message with your name and phone number to : gabilodewijks@gmail.com or 0648.240727



woensel-zuid



wij eindhoven

humanitas

