



SOOTHING HEARTS

EMOTIONAL WOUNDS HEALING CENTER

WORKSHOP

UNDERSTANDING CHILD AND TEEN
ANXIETY

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Founder / Managing Director

www.soothing-hearts.com



Workshops & Webinars

These are educational events intended to provide parents, caregivers, and even children and teens with valuable information on various topics related to mental health, parenting, and child development. Workshops might be interactive, offering hands-on activities or discussion sessions. Webinars can be presented live online, and potentially recorded for later viewing. Topics might range from understanding the impact of social media on teen mental health to effective strategies for supporting a child through academic stress, to the latest research in child and adolescent psychology. These events aim to foster a better understanding of these issues in the community and provide practical, applicable advice for attendees.

OUR SERVICES



Understanding Child and Teen Anxiety

1



Soothing hearts workshop

Overview: This hands-on workshop aims to educate parents, caregivers, and educators about child and teen anxiety. Participants will learn to identify signs of anxiety, understand its impact, and explore effective support strategies.

Objectives: Participants will:

1. Understand anxiety in children and teens.
2. Learn to identify signs of anxiety.
3. Discover strategies to support those experiencing anxiety.
4. Understand the role of caregivers and educators in supporting mental health.

Structure:

- Session 1: Introduction to anxiety in children and teens.
- Session 2: Recognizing signs and impact of anxiety.
- Session 3: Exploration of support strategies.
- Session 4: Role of caregivers and educators.
- Session 5: Q&A and interactive discussion

Deliverables: Participants will receive:

1. A Certificate of Completion.
2. A workshop handbook with key insights and resources.
3. Access to an online forum for post-workshop support.

Duration: 6 hours (split over multiple days)

Audience: Parents, Caregivers, Educators, anyone interested in child and teen mental health.



"Every child carries a unique world within them. At Soothing Hearts, we strive to understand that world, to guide them through their emotional journey."

ABOUT

IMAN SLEIMAN

An educational psychologist with an experience of over a decade, Iman's mission at Soothing Hearts is to provide compassionate, heart-centered counseling services that help children and teens heal emotional wounds, navigate life challenges, and build resilience for a healthier and brighter future.

Iman envisions a world where every child and teen has access to supportive, heart-centered counseling, helping them to overcome emotional challenges, build resilience, and realize their full potential, contributing to a healthier and more compassionate society.






"Every child and teen has a unique story to tell. At Soothing Hearts, we make sure their stories are heard, understood, and honored. Together, we can turn challenges into stepping stones for growth and resilience." - Iman






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