

SAPHAL PODCAST

Do you enjoy listening to podcasts? Tune into SAPHAL's very own podcast 'Koshish' where the creators of SAPHAL talk about everyday family scenarios, culture and how we can use SAPHAL's tools

to be healthy in our relationships! Please visit our website to tune in.



SAPHAL WORKBOOK

If you would like to practice healthy relationships skills associated with each core module, please visit our website to download our **FREE** workbook.

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OUR PROGRAM

"SAPHAL (South Asian Parents/Caregivers: Heal And Learn; transl: 'success') is a healthy relationships program for South Asian Parents & caregivers to help build healthier relationships with their youth, their families and their communities. SAPHAL was created by South Asians for South Asians."

SAPHAL CORE MODULE DESCRIPTION

SAPHAL is made of 5 core modules which form the basic building blocks of healthy relationships: understanding the developing brain, emotion regulation, self-compassion, boundaries & praise and apology.

In each of these modules, parents are taught new healthy relationship skills, and how to apply it to their relationships. If you would like to learn more about our upcoming workshops, please visit our website, www.narika.org/prevention.

