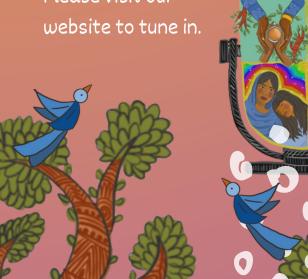
SAPHAL PODCAST

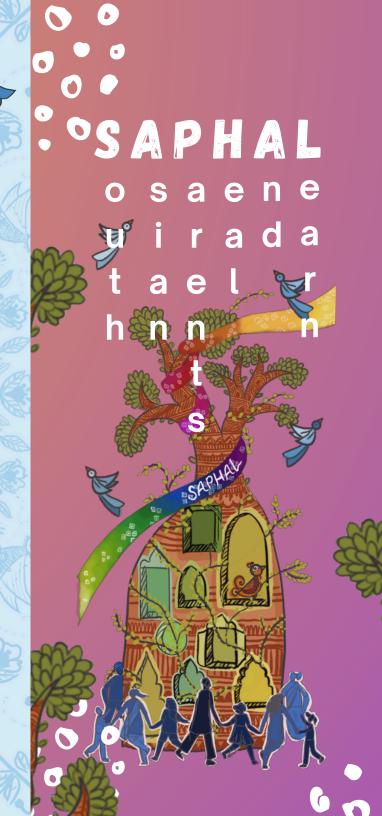
Do you enjoy listening to podcasts? Tune into SAPHAL's very own podcast 'Koshish' where the creators of SAPHAL talk about everyday family scenarios, culture and how we can use SAPHAL's tools

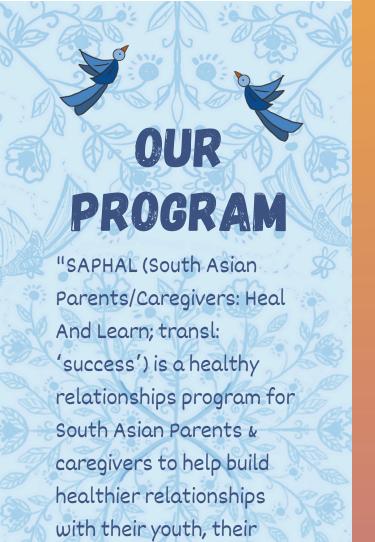
to be healthy in our relationships!
Please visit our website to tune in.



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.





families and their

South Asians."

communities. SAPHAL was

created by South Asians for

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.

