

C 129 (2025-26)

To

Parents of Wholeschool learners

**Ref- Workshop Invite - The Parenting Survival Kit: Raising Kids with Calm and Clarity by Ms. Toral Shah**

Dear Parents,

Parenting today can feel overwhelming — endless demands, busy schedules, constant pressures. This workshop is here to remind us: parenting doesn't have to be perfect, just rooted in calm and clarity.

Through simple, values-based tools, discover how to:

- Respond with patience
- Create a calmer home
- Guide your children with confidence

*Children don't need a perfect parent. They need a present parent.*

**Date: 10th October, 2025**

**Time: 9 am to 10:30 am**

**Venue: Theatre Cafe, Yogi Mansion, JBCN International School, Parel**

Please [RSVP](#) here to confirm your presence.

Please note, as we have a limited number of seats, we will be closing the registration on the **30th September, 2025**.

Join us for this heart-to-heart session and walk away with your very own **Parenting Survival Kit** — meaningful insights and the reassurance that you're not alone on this journey.

Warm Regards,

The Management Team  
JBCN International School, Parel