

Stress Managements for Parents with Special Needs Children

Date- 27th February, 2019



Stress Management for Parents

STRESS IS THE NEW BLACK !

Everyone is talking about it, but not many are able to identify, leave alone knowing how to cope with it.

ALAP Trust is organizing a session on Stress Management with Dr. Deepinder Sekhom, Child Psychologist.

She is a Rehabilitation Counsellor and family therapist for children with special needs.

Followed by :

Special treats from kitchen of special chefs with a talk on their journey of baking.

Entry fee : Your voluntary contributions are welcome

For more information contact:-

9810140852, 8882214222

Date : 27th Feb 2019 (Wednesday)

Time : 11am - 1pm

Venue : Nupur's Studio, Topaz - 186 (Basement), Emerald Hills, Sector - 65, Gurugram

