

Parenting with Presence

Cultivating Calm Amidst Chaos

Parenting is an ever-evolving journey, and no two days—or children/adolescents—are the same. These ongoing sessions provide a space to explore core parenting themes while allowing room for real-time support, group coaching, and shared wisdom.

Parenting doesn't have to feel overwhelming.

Each session we'll dive into practical strategies and mindful approaches to help you:

- Stay grounded in the midst of stress and big emotions.
- Strengthen your connection with your children and adolescents.
- Model emotional regulation and create a peaceful home.

Date: 4th Tuesday of every month

Time: 11am-1pm EDT | 3-5pm GMT | 4-6pm CET

Where: Online via Zoom

Cost: £25 (*sliding scale available upon request*)

Rather than a rigid curriculum, these sessions will flow with what's most present in the group—offering both guidance and space for your real-life parenting challenges.

You'll leave with tools you can use right away, alongside the support of a like-minded community.

Want to join us?

Reach out today to reserve your spot or to learn more!

fayenen@gmail.com | +44 7847 469037

mail@annettebonomo.ch +41 7881 59154