



Saturday 22 September, 9:30AM-12:00PM

Saint Katharine Drexel Catholic Parish ▪ 8428 Opossumtown Pike, Frederick, MD

Presented by Lisa McCrohan, MA, LCSW-C, SEP

We all want our children to be “successful.” But what does that mean—for you and your child? And how do you help your child navigate the stresses and pressures she’ll face? Come for a dynamic, engaging, and educational workshop that’s all about equipping you with compassionate parenting practice to build up your child, deepen his resilience, and set her up to thrive. You’ll learn practices you can start using the minute you go back home. This is going to be an empowering, uplifting, and supportive time to gather, share, get real, learn key tools to empower your child to thrive, and leave inspired.

Lisa McCrohan, MA, LCSW-C, SEP is a psychotherapist, personal coach, author, and mom. She has been featured on NBC News, Georgetown University, Upworthy, Motherly, and the Gottman Institute. She brings her expertise in trauma-healing, mindfulness, and spirituality to nourish and resource parents.

Registration Form: Seeds of Strength Parenting Workshop

Registration is only \$25. Please make checks payable to Saint Katharine Drexel Parish.

Name: _____

Email: _____

Phone: _____