



# VIRTUAL PARENT EVENING

## WITH JOY ANASTA

An interactive information session with Joy Anasta. Joy is a highly regarded Psychotherapist, Counsellor, Mediator and Parent Coach who has had a long association with Kildare College.

**Wednesday 24 June**  
**7.00pm - 8.30pm**  
**Event held via Zoom**

Please use the following link to RSVP  
by Tuesday 23 June:  
<https://www.trybooking.com/BJXUN>

The Zoom Meeting ID and Password  
will be emailed prior to the event.

Joy will provide a range of strategies to assist parents navigating the challenges and joys that young teenage girls bring to the family dynamics, including:

- Parent Expectations
- Getting the balance right
- Social Media

STRENGTH AND GENTLENESS