

You are invited to the Costa Ballena Free Parents Program, offered by Osa Jungle Academy

This FREE workshop series is open to ALL parents with children of any age, from any community in the southern zone or even those visiting the region who are curious. Come! You're all welcome.

Living in paradise is amazing and at the same time navigating the Costa Rica way of life can raise plenty of challenges for parents and children.

These workshops are designed to create a space of freedom and safety for great conversation. Come and discuss compelling ideas, share your experiences and learn from others.

Parents in Flow Workshop

Always better together!

We have a wealth of amazing people from all over the world here in our corner of Costa Rica. Coming together to support each other and problem solve together can be the difference between feeling alone and isolated, or connected and resilient.

**Tuesday
Feb 22**

1pm to 2:30pm
at La Choza, Ojochal

All are welcome!

If you can't make it on February 22nd but you're CURIOUS and would LOVE to know more please email Patrice

Feb 22 Workshop theme:

***So Happy Together:
The How of Happiness for
Parents and Kids***

For future workshop themes and to learn more about the facilitators visit
www.jungleacademy.life/parent-program

Facilitators



Tony Johnson
Mental Health & Wellness Therapist



Patrice McCauley
Empowerment Coach
patrice@patricemccauley.com

**For more information visit
Email to RSVP**

www.jungleacademy.life/parent-program
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