

THE  
*Restore*  
PROGRAM

EMPOWERING FAMILIES  
& TRANSFORMING LIVES



*Restore*  
**HOME**

## RESTORATIVE WORKSHOPS FOR PARENTS

We empower parents with restorative practices, Bowen Family Systems Theory, and leadership tools to build a positive, supportive, and harmonious family environment.

### **Mini-Workshop for Parents of Tweens and Teens**

In this 2-hour session, parents will be introduced to restorative practices designed to foster open communication, empathy, and collaboration. Learn how to build trust and respect, shift from traditional discipline to supportive methods, and facilitate conflict resolution with children. This hands-on workshop will give parents practical skills to nurture stronger connections and model healthy problem-solving techniques at home, while also empowering parents to lead as a confident, empathetic leaders of their home.

### **Restore Home 1/2 Day Workshop for Parents**

This comprehensive workshop is designed to help parents navigate the challenges of raising children with confidence and understanding, using Bowen Family Systems Theory to explore family dynamics and individual behavior patterns. Learn how to apply family diagrams to visualize emotional connections and identify potential areas of conflict, while understanding the importance of “defining self”—maintaining personal emotional balance while staying connected with children.

Discover how to approach difficult conversations with calm and clarity, set healthy boundaries, and handle resistance from children with empathy and firmness. Gain leadership strategies to increase consistency, improve follow-through, and build trust within the family. By embracing the Parent Leadership role, parents learn to lead by example, creating a nurturing and empowered family environment.

Join us for an enriching experience to strengthen parenting skills, build stronger connections with children, and foster a more peaceful and cohesive family dynamic.

*Strengthening* homes by empowering parents  
& caregivers to live and lead well with teens

The *Katallasso*  
Group



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## MINI OR INTRODUCTORY WORKSHOP FOR PARENTS

As part of our Restore Home Workshops series, we are excited to offer this 2-hour mini-workshop specifically designed for parents who are eager to create a more positive and empowering environment at home for their tweens and teens.

This workshop serves as a brief yet impactful introduction to restorative practices, providing parents with the tools and understanding necessary to effectively "share power" in their relationships with their children, while also learning how to shift from traditional discipline methods to a more supportive and collaborative approach.

During the session, parents will be introduced to the fundamentals of a restorative circle, a practice that emphasizes open communication, empathy, and problem-solving. Through interactive teaching, guided role play, and small group activities, parents will gain hands-on experience in facilitating these restorative conversations in their own homes. They will learn how to set a foundation of trust and respect, while also developing the skills to "coach" their tweens and teens through conflict resolution and decision-making processes.

This mini-workshop is designed to empower parents to not only build stronger connections with their children, but also to model healthy conflict resolution strategies that can be utilized in everyday family dynamics. By the end of the session, parents will feel more confident and prepared to incorporate restorative practices into their parenting toolkit, creating a more harmonious home environment that nurtures growth, responsibility, and mutual respect.

Workshops can be offered separately or as a series, depending on needs of local families.

**Learn More:**  
[www.thekatallassogroup.com](http://www.thekatallassogroup.com)



# THE Restore PROGRAM

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## 1/2 DAY WORKSHOP FOR PARENTS

This comprehensive, half-day Restore Home Workshop is designed specifically for parents to help them navigate the challenges of conflict that will inevitably arise during the journey of raising children. Parenting is an ongoing process filled with unique obstacles, and this workshop aims to equip parents with the tools and strategies needed to handle difficult situations with greater confidence and understanding.

Throughout this engaging and informative session, we will introduce Bowen Family Systems Theory, a highly effective framework that provides insight into family dynamics and individual behavior patterns. We will explore the concept of family diagrams, which help parents visualize the emotional connections and patterns within the family system, fostering a deeper understanding of relationships and potential areas of conflict. Additionally, we will cover the importance of “defining self”—a key concept in Bowen theory that encourages parents to maintain a strong sense of self, independent of the emotional dynamics of the family, while also remaining emotionally connected to their children.

The workshop will also delve into practical techniques for facilitating challenging conversations. Parents will learn how to approach sensitive subjects with their children, including how to stay calm and clear when setting boundaries or saying “no.” Often, these moments can lead to resistance or negative feedback from children, and understanding how to handle these reactions with empathy and firmness is a key aspect of parenting. This workshop will provide effective strategies for managing such situations without escalating conflict.

For parents who may struggle with follow-through—whether it's staying consistent with rules, enforcing consequences, or maintaining open communication—this workshop will provide practical advice and actionable strategies for increasing consistency and building trust with children.

This workshop is ideal for parents of school-aged children who are looking to strengthen their parenting skills and build a healthier family environment. Whether you're dealing with everyday challenges or more complex issues, the Restore Home Workshop offers valuable insights and tools that can make a lasting difference in your approach to parenting.

Join us for this enriching experience to enhance your parenting journey, build stronger connections with your children, and foster a more peaceful and cohesive family dynamic.

**Learn More:**

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