

Anisa Lewis - Positive Parenting Anisa is an accredited and certified Positive Parenting Coach, mother, and ex deputy head teacher, with 20+ years of experience working and supporting children and fam

**A n i s a L e w i s - P o s i t i v e P a r e n t i n g**

# Free Parenting Clinics

with

Anisa Lewis

Positive Parenting

[www.anisalewis.com](http://www.anisalewis.com)



December

5th @ 12.30 pm

Emotions

What is going on with your child's emotions?  
One minute they are happy the next they are talking back or  
having a tantrum!

Are you wondering why your child's emotional outbursts come  
just as you are trying to get everyone out of the door, at the end  
of the school day or quite frankly you know it is coming you can  
sense it, then BOOM!

Join Anisa (Parenting Coach) on December, 5th for her monthly  
Free Parenting Clinic. This talk will focus on emotions and what  
we can do to support ourselves and our young people.

Join us on Zoom, for the 30-minute talk.


Book here:

<https://anisalewis.as.me/theclinic>

or

email: [hello@anisalewis.com](mailto:hello@anisalewis.com) for the booking link

Can't attend live, register anyway, the replay is sent out to all  
that book into the clinic.



*Anisa is an accredited and certified Positive Parenting Coach, mother, and ex deputy head teacher, with 20+ years of experience working and supporting children and families. Anisa specialises in empowering and positively transforming lives of parents and children, who are facing stress, anxiety, or just day to day challenges of parenting – working with them directly, in group environments, and through corporate channels. Anisa is hugely passionate about using her coaching skills, and educational background, to find ways for parents and children to move through challenges they face in life, together.*

*Anisa is here to help bring about multi-generational change as she believes we often get stuck in the patterns from the past, following the path we ourselves tread, which isn't always the right one to support our children and she is here to help families work things out, so they get to know that parenting does not have to be hard.*

Join our FREE December Parenting Clinic with Anisa, an experienced parenting coach.

In December, we are hosting a FREE Parenting Clinic focusing on Behaviour in our young people aged 3 to 18. Our goal is to empower parents and caregivers with practical knowledge and tools.

Please help us to spread the word within your community. You can find more details below and a flyer in the provided link.

These 30-minute Zoom sessions aim to share Anisa's years of experience and are open to all.

Feel free to share this invitation with your parent community and relevant staff. We also offer additional services, including school talks, workshops, training, personalised coaching, and an online Parenting Portal packed with resources.

Contact us at [hello@anisalewis.com](mailto:hello@anisalewis.com) or +44 (0)7792176888 for more information.

Best regards,

Anisa

## FREE Parenting Clinic

EMOTIONS, December 5th, 12.30 pm

*Aimed at parents and carers who have 3 to 18-year-old child(ren).*

What is going on with your child's emotions?

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Visuals to put out to your community

# FREE Parenting Clinics



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or email: [hello@anisalewis.com](mailto:hello@anisalewis.com)

September

19th, 12.30 pm

*Confidence*

October

10th, 12.30 pm

*Anxiety*

November

7th, 12.30 pm

*Behaviour*

December

5th, 12.30 pm

*Emotions*

Need help and support for your parent community?

Want to know more of how Anisa can help?

**Contact Anisa today**

[hello@anisalewis.com](mailto:hello@anisalewis.com)

07792176888

**Anisa Lewis - Positive Parenting**

Anisa Lewis, Ilkley, West Yorkshire, United Kingdom

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