

VESLARC

JUNE 2026 NEWSLETTER

THEME: Building Stronger Teachers, Empowered Parents, Thriving Children

WHAT HAPPENED THIS MONTH AT VESLARC:

This month VESLARC successfully conducted 20 workshops across the VES family, empowering parents & teachers through learning, collaboration, and well-being initiatives.

★ Workshop highlights:

- The Power of We – Cultivating a Loving and Stimulating Environment
- The Connected Parents – Mastering the Art of Effective Parenting
- Effective classroom --Management strategies for engaging students
- Building Supportive Teacher-Student Partnerships



“ MESSAGE FROM THE COUNSELOR

Every parent dreams of raising a happy, confident, and resilient child. But children learn as much from what we do as from what we say. They watch how parents and teachers respond to challenges, express emotions, and care for themselves. When the adults in a child's life are emotionally healthy, calm, and compassionate, children feel safe, supported, and empowered to grow. By prioritizing our own well-being, we create the nurturing environment every child deserves. Healthy parents and teachers don't just raise successful children they help shape emotionally resilient future generations.

“The greatest gift we can give our children is emotionally healthy adults who lead with love, resilience, and empathy.” -Jinal Savla ”



MONTHLY AFFIRMATION

“Every positive interaction plants a seed of confidence in a child's heart.”

TIP OF THE MONTH



PARENTING

with Connection

EVERY DAY IS AN OPPORTUNITY TO GROW TOGETHER

Simple actions. Stronger relationships. Happier hearts.

Small moments create strong bonds

1 Listen uninterrupted to your child for 5 minutes

Give them your full attention.

2 Pause before reacting

Take a breath. Respond, don't react.

3 Name the feeling

Help your child feel understood.

Happy Sad Worried Frustrated

“It's okay to feel that way.”

4 Care for yourself

You can't pour from an empty cup.

Rest. Recharge. Reset.

5 Connect before you correct

Build the bond first. Guidance comes easier with connection.

6 Play together

Laughter today, stronger memories tomorrow.

7 End the day with gratitude

Share 3 things you're grateful for together.

8 Praise the effort

Celebrate effort, not just results. It builds confidence and resilience.

You're doing great!

You don't need to be perfect to be a great parent. You just need to be present.

Love grows here

REMEMBER : YOU MATTER. YOUR VOICE MATTERS. HELP IS ALWAYS WITHIN REACH.



NEED HELP?

VESLARC : YOUR HAPPY PLACE
10:00 AM - 5:00 PM



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