



## Event Calendar December 2022 - March 2023

Expected Number of participants: 10-15 (maximum) per course

For Registration and inquiry: visit [info@nirnoy-counseling-tr-bd.org](mailto:info@nirnoy-counseling-tr-bd.org).

### Parent – Child Talk

CODE#	Session Topic	Day & Date	Time
PTS 01	Protecting Children from Cyber Risks & Con Artists	Thursday, December 8	1730-1900 hrs
PTS 02	Helping kids with school home-work	Thursday, December 8	1900-2000 hrs
PTS 03	What Do I Do When My Child Misbehaves?	Thursday, December 15	1730-1900 hrs
PTS 04	Building Our Child's Self Esteem	Thursday, December 15	1900-2000 hrs
PTS 05	Effective Parenting as a Single Parent	Thursday, December 22	1730-1900 hrs
PTS 06	Know the IQ, EI & SI of your child	Thursday, December 22	1900-2000 hrs
PTS 07	How working Mom deals with younger children	Thursday, December 29	1730-1900 hrs
PTS 08	Do I or my kids have OCD? How to deal with OCD?	Thursday, December 29	1900-2000 hrs
PTS 09	Understanding the Teenage Brains	Thursday, January 12	1730-1900 hrs
PTS 10	5 Things kids must be taught before they are 5 Yr old	Thursday, January 12	1900-2000 hrs

### Training Courses on Counseling & Psychotherapy

CODE#	Session Topic	Day & Date	Time
TCC 02	Professional Counseling (for psychosocial practitioners, (14-day) 42hr online + 58 hr placement (in an organization)	Friday-Saturday, December 9-10, 16-17, 23-24 & 30-31, 2022 January 7-8, 14-15, 21-22, 2023	2000-2300 hrs
TCC 01	Fundamentals of Counseling (for non-professionals), (6-day) 12 hr, Online	Saturday, December 3, 10, 17, 24, 31, 2022 & January 7, 2023	0900-1000 hrs 1830-1930 hrs
TCC 03	Basics of Counseling Skills	Friday, February 03, 2023	1500-2000 hrs
TCC 04	Active Listening, Motivational Interviewing & Mirroring Techniques	Saturday, February 04, 2023	1000-1600 hrs
TCC 05	Basics of Counseling Process	Friday, February 10, 2023	1500-2000 hrs
TCC 06	Systems of Therapy that work for different population	Saturday, February 11, 2023	1100-1330 hrs
TCC 07	Dealing Psychosis in Everyday Life	TBA	

### Corporate Training Courses

CODE#	Session Topic	Day & Date	Time
CTC 01	Effective Communication at the Workplace	Tuesday, February 7 & 14, 2023	1630-1830 hrs
CTC 02	Dealing with Stress, Anxiety and Depression	Wednesday, February 8, 15 & 22, 2023	1630-1830 hrs
CTC 03	Conflict Resolution at the Workplace	Tuesday, February 21 & 28, 2023	1630-1830 hrs
CTC 04	Anger Management: Building a Healthy Lifestyle	Saturday, February 25, March 4 & 11, 2023	1500-1900 hrs
CTC 06	Better Sleep- Getting Life All Good	Saturday, February 18 & 25, 2023	1500-1900 hrs
CTC 05	50 Easy Ways to Learn Speaking English	TBA	TBA

### Couples Counseling

CODE#	Session Topic	Day & Date	Time
CC 01	Learning 'negotiation' skills and 'active listening' skills to improve your RELATIONSHIPS with partner & others?	Monday, February 13, 2023	1530-1800 hrs
CC 02	When you suspect your spouse is having an affair (clandestine), know what to do and what not to do		1830-2030 hrs
CC 03	Are you in a relationship but don't know if s/he is the right person to be your life partner?	Monday, February 13, 2023	1500-1700 hrs
CC 04	Pre-nuptial orientation to be prepared for a happy post conjugal life		1730-1930 hr



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The following sessions will take place at date and time as per group needs and agreement

Self-help Group Sessions			
CODE #	Session Topic	Day & Date	Time
GCS 01.	<b>Anger Management</b> <ul style="list-style-type: none"><li>Do you find it difficult to manage your anger?</li><li>How Do You Deal With Anger?</li></ul>		
GCS 02.	<b>Addressing Stress, Depression &amp; Anxiety</b> <ul style="list-style-type: none"><li>Are you often depressed?</li><li>Do you feel stressed out every day?</li><li>Does anxiety prevent you from achieving your goals?</li></ul>		
GCS 03.	<b>Boosting up Self Esteem</b> <ul style="list-style-type: none"><li>Do you have low self esteem?</li><li>Lets play 'Mirror Mirror on the Wall'</li></ul>		
GCS 05.	<b>Know your Emotional Intelligence &amp; Social Intelligence</b>		
GCS 07.	<b>Teen Issues and Concerns</b> <ul style="list-style-type: none"><li>Do you experience problems with your teenagers/children?</li><li>Teens, are you encountering issues with your parents?</li></ul>		
GCS 08.	<b>SAFETY @ Home (Education &amp; Training)</b> <ul style="list-style-type: none"><li>Are you a working mother?</li><li>Leave your child home alone?</li><li>Concerned about your child's safety?</li></ul>		
GCS 09.	<b>SAFETY Plan &amp; Self Defense</b> <p>Most accident, abuse/harassments take place in home, school, work &amp; by someone that we know or are related with</p> <ul style="list-style-type: none"><li>Know the Myths about Safety</li><li>Know the three basic beliefs that your Safety surrounds with</li></ul>		
GCS 10.	<b>CHRONIC PAIN SELF MANAGEMENT</b> <ul style="list-style-type: none"><li>Know the techniques to deal with stress, pain, frustration and isolation/loneliness</li><li>Learn appropriate exercise for improving strength, flexibility and endurance</li><li>Learn the importance of communicating effective and pacing activity and rest</li></ul>		