



FUNDACJA Świadome Rodzicielstwo

The Conscious Parenting Foundation is a project aimed at nationwide help for children, adolescents and adults in the areas of emotional and mental self-awareness, emotional self-regulation, working with traumas and creating supportive attitudes regarding relationships, communication and cooperation.

Our vision is a world where the child doesn't experience violence, abuse and / or emotional numbness from parents and grows in a safe space full of understanding, love, acceptance and awareness.

We carry out our mission multidimensionally.

We conduct workshops for children all over Poland in public schools, orphanages, family-type institutions and community centers using author's programs - based on the streams of humanistic psychology, existential psychology, emotion-focused psychotherapy (EFT), logotherapy, emotional intelligence and thanks to a creative methodology based on work with Lego® bricks.

We conduct workshops and lectures for adults, especially those socially excluded, to give them instruments to support building relationships with themselves and with their children, to support the expansion of self-awareness and environmental awareness, and in communication with a partner and children, in order to positively influence the creation of their attitudes. personal and parental.

Ultimately, we want to create a free psychotherapeutic support network for children, adolescents and adults, cyclically and interventional.

We firmly believe that this is the time when we are ready to make great changes in the world through the miraculous changes in the inner world of the people we can help.





Photos from workshop for children from
5th grade, Public School nr 21 in Zielona
Góra