

COMING TO  
DALLAS

# THE AMANAH OF PARENTHOOD



RAISING A CHILD, UPLIFTING A CHILD

## WHY ATTEND?

- Learn how to strengthen your **emotional connection** with your children through **validation, empathy, and consistency**.
- Discover where many parents unintentionally struggle - like dismissing emotions or modeling stress instead of calm - and how to shift that pattern.
- Understand the true difference between **sabr (patience) and emotional suppression**, and how to raise resilient children who feel heard.
- Reframe mental health through an Islamic lens: **anxiety and depression aren't signs of weak faith but opportunities for compassion and care**.

## CORE THEMES

- **Parenting as an Amanah**: what it means to nurture, protect, and guide with trust and mercy.
- Building a home environment rooted in **patience, empathy, and spiritual balance**.
- **Navigating modern challenges** - school pressure, peer influence, and technology - while maintaining faith-centered grounding.
- Expanding our responsibility as a community to **care for all children, including the orphaned and vulnerable**.

## FEATURED BREAKOUT SESSIONS

- Screen Time & Spiritual Focus
- Academic Pressure & Self-Worth
- Protecting vs. Overprotecting: Exposure to the Outside World
- Balancing Discipline and Compassion

Register Now!

[al-ayn.org/parenting/dtx](https://al-ayn.org/parenting/dtx)



Saturday, May 30th



5:00 PM to 8:15 PM



Al-Ayn Dallas Office  
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