MaxLiving Chiropractic Tech Ridge Announces Free Workshop on Nervous-System Approaches to Childhood Challenges

October 13, 2026

AUSTIN, TX - October 13, 2026 -
MaxLiving Chiropractic Tech Ridge will host a free parent education workshop on Tuesday, October 13, 2026, titled ?The Perfect Storm for Parents: Drug-Free Help When School Is Already Calling Home.? The one-hour presentation will take place at the clinic in Austin, Texas, and will focus on questions families may have about childhood behavior, daily routines, and the different approaches available when parents explore support for their children.

The workshop is intended for parents who have questions about challenges their children experience at home or school. Topics will include focus, sleep, emotional regulation, sensory concerns, and changes in daily routines. The presentation will introduce the clinic?s perspective on these subjects and give attendees an opportunity to learn about the topics that inform its approach to chiropractic care.

Dr. Sara Richa, Doctor of Chiropractic, will lead the session. Before entering chiropractic practice, Dr. Richa worked as an applied behavior analysis therapist with children on the autism spectrum. That experience forms part of her professional background and informs the perspective she brings to discussions about childhood development and family health.

?Parents can encounter many different perspectives when they begin looking for information about their children?s challenges,? said Dr. Sara Richa, Doctor of Chiropractic. ?This workshop gives families an opportunity to hear my perspective, learn about the subjects we discuss in our practice, and consider questions they may want to explore with their healthcare providers.?

The presentation will introduce a framework the clinic calls ?The Perfect Storm.? The framework examines stressors that the presenter believes families should consider when discussing childhood development and

daily behavior. The session will also address how parents can think about the relationship between routines, family experiences, and concerns that arise during the school year.

The event will outline three broad approaches that parents may encounter when researching care: traditional medical care, functional or holistic approaches, and neurological care. The presentation will describe these categories from the clinic?s perspective and provide a starting point for families who want to understand the different terminology used in discussions about health and wellness.

The workshop will also explore questions about how families assess their options and communicate with professionals involved in their children?s care. Parents may have questions about school feedback, appointments, behavioral support, sleep routines, or other day-to-day concerns. The session is intended to give attendees time to consider these subjects and learn more about the approach presented by Dr. Richa.

The presentation reflects the clinic?s educational perspective and does not establish that one approach is appropriate for every child. Childhood behavioral, developmental, and health concerns can have different causes and may require different forms of assessment and support. The workshop does not replace individualized medical, developmental, or behavioral evaluation. Parents should continue to consult qualified healthcare professionals when considering decisions about a child?s health or treatment.

For MaxLiving Chiropractic Tech Ridge, the event provides an opportunity to share information about its approach in a setting where parents can learn about the clinic?s perspective. Rather than requiring families to begin with a one-on-one appointment, the workshop offers a group presentation devoted to a specific topic relevant to parents during the school year.

?Every family has its own circumstances, and parents often have questions about where to begin when they are considering different forms of support,? Dr. Richa said. ?My aim is to explain the perspective covered in this presentation and give families an opportunity to learn more about the topics that interest them.?

The session is scheduled for one hour, allowing the presenter to introduce the central themes and provide attendees with information to consider after the event. The clinic?s event description also identifies a take-home resource for participants. Parents can use the workshop as an opportunity to gather information and identify additional questions they may wish to discuss with their child?s healthcare providers.

The event is open to the public, and parents are encouraged to bring a spouse, grandparent, friend, or other family member who may be interested in the discussion. Children are welcome to attend as well. The format is intended to make the presentation accessible to families who want to learn about the clinic?s approach without an admission fee.

MaxLiving Chiropractic Tech Ridge is located on North Interstate Highway 35 in Austin. The clinic provides chiropractic care and shares educational information about its approach to health and wellness. Its public workshop is an opportunity for interested families to hear directly from Dr. Richa about the subjects covered in the presentation and learn more about the clinic?s perspective.

Families interested in attending can consult the clinic?s Facebook event listing for the workshop description and attendance information. The event is free for parents and their guests, and advance registration details are available through the event listing. Those who have questions about the material can use the session as a starting point for further conversations with qualified professionals who understand their children?s individual circumstances.

By hosting the workshop, MaxLiving Chiropractic Tech Ridge is providing a public forum for a discussion focused on parenting questions, childhood development, and the range of perspectives families may encounter when researching support options. The event centers on education and discussion, giving parents an opportunity to hear the presenter?s viewpoint and consider what questions are most relevant to their own families.

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MaxLiving Chiropractic

We take a holistic approach to finding the root cause of symptoms such as neck pain, back pain, hormonal imbalances, autoimmune conditions or any bodily dysfunction.

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