

Parenting Challenging Children? First Put On Your *Own* Oxygen Mask

Group Training with
Sarah Wayland, Ph.D.
Guiding Exceptional Parents, LLC

TOPICS

- Understand Yourself
- Improve Your Moods, Improve Your Behavior
- Pleasant Activities, Relaxation & Mindfulness
- Constructive Thinking
- Stages of Your Journey
- Overcoming Your Fears
- Effective Communication

THIS SEVEN SESSION WORKSHOP IS FOR PARENTS WHO WANT TO IMPROVE THEIR QUALITY OF LIFE.



It's *hard* to raise kids! In this workshop, not only will you will think about how to prioritize doing things you enjoy, you will also learn techniques used in cognitive behavior therapy and mindfulness-based stress reduction that will teach you new ways to think about your problems, and help you implement self-care techniques proven to reduce stress, even when life is incredibly busy. By better understanding yourself, and learning how to balance your own needs with those of the rest of the family, you can be a better parent.

Location:
Law Offices of Michael Herman
6801 Kenilworth Avenue, Suite 200
Riverdale Park, MD 20737
Ample free parking.

Spring 2018
7:30 – 9:00pm
Seven Wednesday evenings
April 25th - June 6th

To Register, go to:

<http://bit.ly/Spring2018-02Mask> or www.GuidingExceptionalParents.com

To reserve your spot, mail check to:

Guiding Exceptional Parents, P.O. Box 174, Riverdale, MD 20738.

Suggested range: \$125 - \$275

Those who can pay more, please help support those who can't.

Contact for more information: wayland@guidingexceptionalparents.com