

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

*Parent Group Training with
Sarah Wayland, Ph.D.*

Guiding Exceptional Parents, LLC
www.raisingyourchallengingchild.com

Topics

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



THIS INTENSIVE ONE-DAY 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:

Connections Therapy Center
4451 Parliament Place, Suite A
Lanham, Maryland 20706

301-577-4333

Ample free parking.



Fall 2016
All Day Workshop

Friday, October 7th

9:00 am to 4:00 pm

Lunch is provided

To Register, go to:

<http://tinyurl.com/Fall2016-02Mask> or www.raisingyourchallengingchild.com

To reserve your spot, mail check to:

Guiding Exceptional Parents, 4711 Sheridan Street, Riverdale Park, MD 20737.

Suggested range: \$100 - \$175.

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

Contact for more information: wayland@guidingexceptionalparents.com