

THE JOYS AND FRUSTRATIONS OF PARENTING

.....a journey of self reflection



WHO SHOULD ATTEND?

Parents and professionals who want to:

- learn to parent with PACE (by being playful, accepting, curious and empathetic)
- understand that our children can teach us about ourselves when they trigger us with their behaviour
- look at the parent's behaviour/actions that trigger and effect their children
- learn to avoid negative ego involvement when parenting
- understand what they bring to parenting from their own beliefs, values and early attachment
- discuss effective discipline strategies



COST: \$80 (Including HST)

WHEN: Saturday, February 25th 10:00 - 4:00 (lunch on own)

WHERE: Sandra Webb Counselling 2-21 King Street West, Cobourg

Register Sandra Webb sandra@sandrawebbcounselling.com (905) 377-1912
Joanna Wiersma fifthwinds@gmail.com (905) 342-3666

Sandra Webb Private Practice (15 years), Play/Theraplay Therapist, Adoption Practitioner

Joanna Wiersma

Private practice (12 years), Energy Psychology Therapist, Foster Mother (14 years), Home schooled (17 years)