

Workshop Description and Price List



TEN TIPS FOR A HAPPIER HOME

This workshop teaches at least 10 new skills to help make relationships with children more positive and enjoyable. Skills covered include:

- › **how to parent calmly during challenging moments**
- › **promoting helpful behavior**
- › **smoothing out daily routines and transitions**

The variety of tools covered in this workshop will make home life less stressful and disruptive to both parents and children. Participants will enjoy two information-packed hours with two moms sharing what has worked within their own homes, classrooms and clinical practice.

WORRIED ABOUT YOUR WORRIER

Childhood fears and worries are a normal part of growing and developing; but sadly, excessive worrying and anxiety in kids (and parents) are on the rise. In this workshop, parents will learn the skills and language needed to help children:

- › **accept and manage “normal” worries and transitions**
- › **calm and control the physical symptoms of anxiety**
- › **choose exploration of the world over avoidance**
- › **recognize and change the most common thought patterns of anxious thinkers**

FAMILY MEETINGS

Family Meetings are a wonderful tool that every family should use. Many problems can be solved through family meetings but that is only a fringe benefit. The main benefits are the life skills children learn such as:

- › **problem-solving skills**
- › **brainstorming skills**
- › **communication skills**
- › **responsibility**
- › **cooperation**
- › **expression of feelings**
- › **mutual respect**
- › **connectedness with the family**

Workshop Fees

\$750 per workshop or \$2150 for all three workshops scheduled within a school calendar year. All workshops are two hours in length with ample time provided for questions and answers.

Additional travel time and gas expenses would incur for locations beyond twenty miles from Concord, New Hampshire.