

# Feel, like you're running on fumes?

## Refueling Your Parenting Tank

Saturday, November 7, 2009

8:30 A.M. – 4:00 P.M.

Through our workshops you will gain specific, usable skills to make life with your children more enjoyable.

\$150 includes: four workshops and lunch held at a beautiful Pleasant Lake property.

This day is geared for parents of 3–10 year olds. Registration is limited to 14.

### PRESENTERS

**Lynn Lyons, LICSW** is a licensed psychotherapist with over 17 years experience. She specializes in anxiety in adults and children and presents numerous workshops to parents and teachers on creating calmness. She has a private practice in Concord and is the mother of two young children.

**Christine Cook, M.Ed.** was a public school teacher before becoming a mother of two. Her Master's program focused on parenting education. She is the Family Programming Coordinator at NHTI's Child and Family Development Center in Concord and presents workshops to parents on a variety of topics.

Please call 225-4147, or email [cook.cb@comcast.net](mailto:cook.cb@comcast.net) to reserve your spot.

### Learn how to...

- › Stay calm during stressful parenting moments
- › Shift perception of your child from negative to positive
- › Help your child through anxious moments and transitions
- › Incorporate Family Meetings to encourage communication and problem solving



Energize yourself during this fun, informative day!