

~ PARENTING SESSION ~

Helping Your Kids to Be All That They Can Be!

Key Principles and Techniques for Effective Strength-Based Parenting

When parents focus on what their children do right, when they search for and cultivate their children's strengths, when they practice the golden rule and manage their own feelings and emotions effectively – children mature and truly become all that they can be. This uplifting workshop will present a host of principles and techniques that help parents maximize the greatness that exists in every child and family. Topics covered include: What is strength-based parenting?, verbal interventions that engage and inspire, building self-esteem, respectful limit-setting, being developmentally aware, creative self-management strategies for kids and adults, and how parents can manage their own emotions and responses (i.e. respond instead of react).

Date: Tuesday, October 29

Place: NBCC Miramichi

80 University Avenue

Miramichi, NB E1N 0C6

Times: Check in: 6:30 pm – 7:00 pm

(Receipts for Registration will be provided at the door)

Workshop 7:00 pm – 9:00 pm

Cost: FREE

Registration Form

~ Charlie Appelstein ~

Name: \_\_\_\_\_ Agency: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

Deadline for Registration: October 28<sup>th</sup>, at 3:00 pm Register by mail and make check or money order payable to:

John Howard Society – Miramichi Branch

Mail to: Wendy Lovisa, John Howard Society – Miramichi Branch

295 Pleasant Street, Suite 204, Miramichi, NB E1V 1Y7

For further information, please call Wendy at (506)622-4920 or email [jhs@nb.aibn.com](mailto:jhs@nb.aibn.com).

Reminder: This will be a scent-free environment.

No refunds will be issued.