

# *Parenting*

## Moving from Frustration to Elation...

**M**any parenting courses offer suggestions for how to change your children's behavior. Which is one way to change your family dynamics...another is to consider raising your awareness and deepening your relationship with yourself (your beliefs, your needs, cultural norms, family norms...) changing the focus to **you** not your children...What I've experienced is; changing myself profoundly changes my relationship with my children!

This workshop can support you to utilize your parenting as a way to develop more connection, awareness and depth with yourself and your family.

Interested?

Come join me in this interactive, insightful, playful workshop that can change the direction of your parenting and your life!

**When:** Saturday, October 16<sup>th</sup>

**Where:** The Peace Center - 816 NW Hill Street

**Time:** 9 - 11:30 a.m.

**Cost:** \$40.00 per person

**Early bird special: \$25.00 per person if you register before October 2nd**

To **register** or for questions call Carol at 541-389-0831 or email [carol@intobalancecoaching.com](mailto:carol@intobalancecoaching.com)



*About Carol:* **Carol Delmonico** RN, Professional Life Coach, and Communication Trainer. She has worked in the healing arts for 23 years. Carol has a private coaching practice helping individuals lead healthier, more connected lives. She teaches compassionate communication workshops for parents, eating for nourishment workshops and introduction to Compassionate Communication classes through the Peace Center. Carol has facilitated wellness and communication trainings for Deschutes Public Library, the School District and many MD offices throughout the community. She is married with two children. For more information see [www.intobalancecoaching.com](http://www.intobalancecoaching.com)

*“I will be a better parent as a result of this class”*  
– Michelle Frasher, RN and Mom of four!