

Parenting

Moving from Frustration to Elation...

Are you finding it challenging in moments to meet your children with kindness? Maybe you are tired or overwhelmed and just don't have the capacity to see the situation through both your eyes and theirs. And just maybe you are looking for new ways to see and support and your children so that both of you are seen, heard and valued?

Many 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 January 22nd

Where: The Peace Center 816 NW Hill Street

Time: 2:30 – 5:30 p.m.

Cost: \$40.00 per person

Early bird special: \$25.00 per person if you register before January 15th

To **register** or for questions call Carol at 541-389-0831
or email carol@intobalancecoaching.com



About Carol: Carol Delmonico RN, Professional Life Coach, and Communication Trainer. She is a passionate parent and loves supporting other parents to have deeper connections with themselves and their children. 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** and other awareness practices. She is married with two children. For more information see www.intobalancecoaching.com

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