

## Be a Parent *with* FOCUS!

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No more guessing and frustration. This is your opportunity to develop your parenting skills. Learn how to create a focused family.

Following the success of our personal focus program, we offer these Relationship Coaching Workshops, covering:

- ☑ How to understand your children
- ☑ How to get your children to understand you
- ☑ How to express your love for your children
- ☑ How to set effective rules and boundaries
- ☑ How to win the battle against time
- ☑ How to relax and manage stress effectively
- ☑ How to become a positive parent by changing focus
- ☑ How to be a good role model
- ☑ How to get support for your parenting

# BE HAPPY *Parents*

**Parent Coaching Workshops**

**7:00 – 9:00 pm**

**Wednesdays 17 May – 14 June**

**Macgregor State School**

**McCullough Street, MacGregor**

To register, please contact

Maria Delaney at **3341 6773** or [delaneymt@aol.com](mailto:delaneymt@aol.com),

Ronit Baras at **3343 2237** or [ronit@behappyinlife.com](mailto:ronit@behappyinlife.com),

or visit [www.behappyinlife.com](http://www.behappyinlife.com).

Enjoy 5 weeks of Parent Coaching for only \$50

\* Child care with OSHC staff is available nearby for a small fee