

Be a Parent *with* FOCUS!

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

6:30 – 8:30 pm

Thursdays 11 May – 8 June

Kimberley Park State School

Floret Street, Shailer Park

To register, please contact

Maria Delaney at **3341 6773** or delaneymt@aol.com,
Ronit Baras at **3343 2237** or ronit@behappyinlife.com,
or visit www.behappyinlife.com.

Enjoy 5 weeks of Parent Coaching for only \$50

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