

Kids Got You Stressed??



“Discipline and Setting Limits” ***Parent Workshop with Linda Marten, MSW***

In this valuable, interactive workshop we will discuss:

- Effective ways to set limits & reduce stress.
- Building relationship, respect, & resilience.
- Temperament & learning styles.
- Helpful tools & take-home information & resources.

Raffle Prizes!

Date: Sunday, April 21, 2013

Time: 1:00pm to 3:00pm

Location: Newsong LA Church, 5875 Green Valley Circle, #200
Culver City, CA 90230

RSVP: Contact Jenny Chow, jennychow@gmail.com

Child Care Provided



Linda Marten, MSW

Parent Coach since 1998

(310) 422-2397

Lmartenspeaks@yahoo.com

Website: Lindaspeaks.wordpress.com

**Join other parents in
these fun, interactive
workshops!**

“Ms. Marten doesn’t just talk, she makes it come alive with fun role plays!” ~ Father of two children

“I found out I’m not the only one struggling with raising kids and that I’m not doing such a bad job.” ~ Mother of three