

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 and reduce stress.
- Building relationship, respect and resilience.
- Temperament and learning styles.
- Helpful tools, take-home information and resources.

Raffle Prizes!

Date: Thursday, Sept. 12, 2013

Time: 6:00pm to 8:00pm

Location: OPEN MAGNET CHARTER SCHOOL ~ AUDITORIUM
5540 W. 77th St., Westchester, CA 90045

Child Care: Provided at \$5 per child

RSVP: Contact Terri Haywood, haywood22003@yahoo.com



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**Join other parents in
a fun, interactive
workshop!**

“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