



Horizon Hills Parenting Program Presents
An Educational Workshop for parents



Families by Design

(Not by Default)

Wednesday Nights 6-8pm

6 week course

Sept 14, Sept 28, Oct 12, Nov 2, Nov 9, Nov 16

\$60/person or \$70/couple for all 6 class dates!
Space is limited - Adults only (no children please)

**LOW
COST!**

no one turned
away for lack of
funds!



Do you ever feel that your family is on autopilot? Your reactions to your partner and children on rote? Is there more disharmony than you would like?

Parenting is the most important and the most difficult job we have. Dealing with multiple personalities in close quarters requires skill, presence, and a ton of compassion for yourself and your family members.

Come join me in this six-week course to set your family on a path of your choosing, not one by default. In this class you will learn, discover, and create:

- Your Family Values and How to Live Them
- Brain Development and Child Development
- Connecting Communication
- Setting Limits, Creating Routines and Structures
- Understanding Anger, Your Child's and Your Own
- Family Meetings and Restorative Dialogues

Facilitated by Shoshana Wheeler

Parent Educator & Counselor

Contact the Horizon Hills office to enroll today!

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