

Parenting Workshop

Helping Your Kids to Be All That They Can Be

Key Principles and Techniques for Effective Strength-Based Parenting

Conducted by Charlie Appelstein, MSW

Date: December 3rd
Time: 9-12noon; 8:30 registration; coffee, pastry, and juice will be served
Fee: \$25/attendee; \$35 per couple
Location: Temple Emanuel, 101 W. Forest St. Lowell, MA
CEUS: 2.5 (\$10.00 CEU processing fee)

When parents focus on what their children do right, when they search for and cultivate their children's strengths, when they practice the golden rule...children mature and truly become all that they can be. This workshop will present a host of strength-based principles and techniques that help parents maximize the greatness that exists in every child and family. Topics covered include: What is strength-based parenting? communication strategies that help parents engage and inspire their children, techniques for enhancing self-esteem, the importance of being developmentally-friendly, creative self-management strategies for all family members, how parents can manage their own emotions and responses, and the nuts and bolts on setting respectful limits with children. This engaging workshop is for any parent regardless of the age of their children.

Charlie Appelstein, M.S.W. is a nationally prominent youth care specialist and author. He has authored three youth care books that are widely used within the field, including *No Such Thing as a Bad Kid: Understanding and Responding to the Challenging Behavior of Troubled Children and Youth*. His latest creation, a self-help CD for moms and dads titled *Parent Rhapsody - Songs and Musical Mantras for Successful Parenting* won a national Mom's Choice award in 2010.

Registration Form

Name(s) _____

Address: _____

Phone: _____ Email: _____

We accept checks and credit cards (MC & Visa) Fee: \$25/attendee; \$35/per couple; \$10 - CEUs

Please make checks payable to Appelstein Training Resources (ATR)

Credit Card info: MC, Visa # _____

Expiration date: _____ Name on card: _____

Amount enclosed: _____

Mail or fax registration form to ATR, 12 Martin Ave, Salem, NH 03079 Tel/Fax: 603-898-5573

For additional info, email charlieap@comcast.net or call 603-898-5573