

The Realities of Parenting: How to Foster a Calm Family



Let me guess...things start seemingly innocent...and before you know it...you're asking yourself "How did we get here?" Everyone is yelling, going around in circles, no one listening to anyone, and with no way out! It's frustrating when all you want to do is love your child and have him/her experience your rules as for the best. And to top it off...it's hard to recover yourself when you get so mad at the situation! So where DO you go from here?!

This workshop will set the tone for your future if you so choose. Fostering a change in family dynamics is no easy task, especially when you may feel alone in this goal. Join in the discussion to regain perspective and to hit the "RESET" button. You may be surprised on what ability you really have in making a difference!

When: Thursday, June 28th, 2018
6pm-7pm

Location: Rust Library
Large Conference Room
380 Old Waterford Rd NW
Leesburg, VA 20176

Presenter: Michelle Bogdan, LCSW

Fee: FREE