

# HONE YOUR PARENTING INSTINCTS

## **Anxiety: A Family Affair**

Presented by Rebecca Cluever

☐ [1074] Oct. 10, 2017 (1:30-3:00 p.m.)

☐ [1075] Oct. 10, 2017 (7:00-9:00 p.m.)

## **How to Put the Fun Back Into Parenting with Love & Logic**

Presented by Peg Imholte & Anthony Farag

☐ [1065] Nov. 6 & 13, 2017 (5:30-9:00 p.m.)

☐ [1067] Feb. 24, 2018 (8:30 a.m.-4:00 p.m.) Presented by Anthony Farag

☐ [1068] June 2, 2018 (8:30 a.m.-4:00 p.m.) Presented by Peg Imholte

## **Nurturing the Blended Family: A Different Family Challenge**

Presented by Kristen Wheeler Highland

☐ [1076] Jan. 25, 2018 (1:30-3:00 p.m.)

☐ [1077] Jan. 25, 2018 (7:00-9:00 p.m.)

## **Rage, Anger & Aggression in Children & Adolescents: How to Understand & Calm the Angry Mind**

Presented by Amber Morrihan

☐ [1078] Mar. 20, 2018 (7:00-9:00 p.m.)

## **Raising Responsible, Respectful Children**

Presented by Peg Imholte

☐ [1079] Apr. 17, 2018 (7:00-9:00 p.m.)



Name: \_\_\_\_\_

Title: \_\_\_\_\_

Work Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Day Phone: \_\_\_\_\_

Fax: \_\_\_\_\_

Work E-mail address: \_\_\_\_\_

Home Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

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\$\_\_\_\_\_ TOTAL PAYMENT (Payment confirms registration)

Send registration form(s): Resource Training & Solutions  
137 23rd St. S.  
Sartell, MN 56377  
Fax# (320) 255-2998  
Attention: Amy Weaver

**CANCELLATIONS AND REFUNDS:** Payment confirms registration. Full refund 7 days before class start. Cancellations in less than a week may apply payment to another class between class date and June 7, 2018. Resource Training & Solutions reserves the right to postpone, reschedule or cancel the class at any time. ADA Accommodations: Call (320)255-3236.

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# HONE YOUR PARENTING INSTINCTS

## Anxiety: A Family Affair

[1074] Oct. 10, 2017 (1:30-3:00 p.m.)

[1075] Oct. 10, 2017 (7:00-9:00 p.m.)

\$15/person • \$25/two people • Presenter: Rebecca Cluever

This workshop will explore current research for children with anxiety disorders. Participants will learn about interventions to help the child and caregiver understand anxiety in their family, interventions to empower the inner strengths of children and caregivers, and learn to create a safe environment for children and caregivers experiencing anxiety. Parents, educators, and other professionals will leave the session better equipped to provide interventions to children with anxiety.

Please note: This single session class is being offered at 1:30 – 3:00 pm and again at 7:00 – 9:00 pm.

## How to Put the Fun Back Into Parenting with Love & Logic

[1065] Nov. 6 & 13, 2017 (5:30-9:00 p.m.) (2-session class)

[1067] Feb. 24, 2018 (8:30 a.m.-4:00 p.m.)

[1068] June 2, 2018 (8:30 a.m.-4:00 p.m.)

\$60/person • \$85/two people • Presenters: Peg Imholte & Anthony Farag

- Does it seem like your children are always fighting with you?
- Have you been trying to figure out how to prepare your children to think for themselves?
- Are you looking for a more positive relationship with your children?
- Do you wonder how you can have responsible and respectful children?

Time to register for a “Parenting the Love & Logic Way” class. Come learn how you too can raise the odds of living in a more peaceful, positive home. You will learn how to model respectful and responsible behavior for your children. Join this class to learn how you can guide your children to think for themselves and grow up to be responsible and independent adults that make you proud.

## Nurturing the Blended Family: A Different Family Challenge

[1076] Jan. 25, 2018 (1:30-3:00 p.m.)

[1077] Jan. 25, 2018 (7:00-9:00 p.m.)

\$15/person • \$25/two people • Presenter: Kristen Wheeler Highland

Participants in this workshop will gain a better understanding of:

- Developmental Stages of Families
- What Children need in blended families
- Strategies for supporting parents and blended families

This workshop will include practical, commonsense information and strategies to help families in their new family structure.

Please note: This single session class is being offered at 1:30 – 3:00 pm and again at 7:00 – 9:00 pm.

## Rage Anger & Aggression in Children & Adolescents: How to Understand & Calm the Angry Mind

[1078] Mar. 20, 2018 (7:00-9:00 p.m.)

\$15/person • \$25/two people • Presenter: Amber Morrighan

This presentation will assist with understanding the spectrum of anger in children and adolescents, how anger impacts the brain and body system, and how anger and rage can occur and be supported in family systems. You will learn tools to help children and adolescents reduce anger as their go-to response, and have intervention ideas for professionals, caregivers, and parents for when a child is angry.

## Raising Responsible, Respectful Children

[1079] Apr. 17, 2018 (5:30-9:00 p.m.)

\$15/person • \$25/two people • Presenters: Peg Imholte & Anthony Farag

Why is it so quiet around the house when work needs to be done? Do you ever think it would just be easier if you did the work yourself? STOP! Don't rob your children of significant, character building, and learning opportunities.

Attend this class to learn:

- Steps to getting resistant children to do work
- What to do if a child refuses or forgets to do them
- Why this work is so important for character development
- The short and long term benefits of work for children

## Class/Registration Information

Register at [www.resourcetraining.com](http://www.resourcetraining.com), or by calling 844-335-3276.

Visit [www.resourcetraining.com/Page/Location](http://www.resourcetraining.com/Page/Location) for a map.

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