

# STRESSLESS PARENTING

## FREE WORKSHOP



**DON'T MISS THIS AMAZING OPPORTUNITY!**

Parents, in this fast-paced and fun program you'll learn how to:

- \* Read and understand your child's behavioral style to communicate effectively
- \* Gain tools to gain cooperation without nagging, lecturing, and putting them on a guilt trip
- \* Reduce and eliminate conflicts
- \* Support your child to become Self-Motivated
- \* Learn Mindfulness-Based Stress Management tools to help you to release stress and stay calm in the middle of chaos.

**Where:** GALPIN FORD MOTORS

15505 Roscoe Blvd, North Hills, CA 91343

**Date:** Sunday, November 3, 2013

**Times:** 1:00PM-3:00PM (12:30 registration) **FREE**

**LIMITED SEATING:** You Must call to reserve

**your seat:** 818-899-8812 or email:  
[info@SportingTheRightAttitude.com](mailto:info@SportingTheRightAttitude.com)

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**Sorry NO Childcare Available**

**Complimentary Refreshments**

[www.SportingtheRightAttitude.com](http://www.SportingtheRightAttitude.com) **blog:** [www.StressLessParenting.Net](http://www.StressLessParenting.Net)

### About the Facilitators:



Award-winning authors, **Janet Alston Jackson** and **Walter Jackson**, are communications experts. This husband-and wife-team, (parents three), have presented their popular workshop to thousands of parents and teachers through-out the Los Angeles Unified District, and have been regular presenters at the Annual LAUSD Parent Summit.