

# Intentional Living For Moms

*This new Saturday morning series focuses on Mom's coming together to learn new skills, to enrich ourselves, and enrich the relationships with those around us. We will use best practices in research to address many common issues that today's moms face, all within the confines of a supportive group of peers.*



- ❖ Managing challenging behaviors with children
- ❖ Balancing life in our overscheduled world
- ❖ Dual parenting issues – Getting on and staying on the same page
- ❖ Understanding and evaluating: Priorities, Necessities, and Nice-to-Haves
- ❖ Creating time for yourself and enhancing your relationship with your partner
- ❖ Understanding child development – What can I really expect at what age
- ❖ Managing issues that arise in the school setting
- ❖ Sleeping and eating issues with children

As part of this series, **there will be a simultaneous group for your children** where they will have the opportunity to be actively engaged in building and practicing positive skills to address the challenges children face today. The group will be engaging and full of activities your child will benefit from and enjoy. Coffee and a light breakfast will be provided!

For information, call *Susan Myket, Ph.D. & Associates*

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