

St. George's Episcopal Church, Sanford Maine
with
Independent Facilitators Matt and Jami Westerlund
presents

Parenting the Love and Logic Way™

A six session parenting program designed by the Love and Logic Institute.

Learn how to:

- *Avoid un-winnable power-struggles and arguments**
- *Stay calm when your kids do incredibly upsetting things**
- *Set enforceable limits**
- *Avoid enabling and begin empowering**
- *Help your kids learn from mistakes rather than repeating them**
- *Raise kids who are family members rather than dictators**

And much more!

**This parenting program is designed to give you practical skills
that can be used immediately!**

Child care will be provided for those who need it at no cost

Dates:

Saturdays March 28 and April 11

Time: 9-4:30 PM includes lunch and snacks

Location: St. George's Episcopal Church, 1 Emerson St. Sanford

Cost: \$10 per family please pay at the first meeting

Questions contact Matt and Jami at jamatti@gmail.com

Facilitators of the *Parenting the Love and Logic Way™* curriculum are independent

Please register me for your upcoming *Parenting the Love and Logic Way™* class!

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Names and ages of children for child care:

Mail registration to:

St. George's Episcopal Church c/o Matt Westerlund 3 Emerson St. Sanford ME 04073