

Our St. Norbert CaFFE Family Life Ministry invites you to a Positive Parenting Workshop

All parents are invited to join us for our first **Positive Parenting Playbook**. This 5-week course meeting on Sunday mornings between our two morning Masses will empower you to parent your kids in ways that build up and help both parent and child grow together. God desires for us to have homes of happiness and harmony and this workshop will help you make that a reality.

The workshop will meet on Sunday mornings from 10:15-11:15AM in the school cafeteria. The dates are:

February 4

February 11

February 18

March 4

March 11

The cost is \$75.00 per couple or \$65.00 for a single parent or \$20.00 per drop-in session if unable to make the entire course. There is also a book for purchase for \$20.00.

Register online <https://secure.acceptiva.com/?cst=3045a9>

The topics include:

Week 1 "Why do they do that?" – Understanding your child's behavior

Week 2 "Motivating through Encouragement"

Week 3 "Listen up mom and dad." – Learning how to hear your child

Week 4 "I own that." - "I" messages & problem solving

Week 5 "Is there another way to discipline?"



The course will be facilitated by Lisa Corcoran, long time St. Norbert parishioner.

9 children, 6 siblings and 97 cousins may have had something to do with Lisa's desire to study parenting. Lisa took a parenting class based on Adlerian (Alfred Adler) theories that proved to be the most humbling experience of her life. She learned that to raise loving, responsible, confident and happy children she would need to start with herself, so Lisa started taking more classes. She started applying the tools and little by little her home became a calmer place to be and her job as a mother didn't really feel like a job at all. Lisa founded The Parenting Playbook to bring these life-changing tools to more families. By applying them, you will enjoy deeper harmony, peace and understanding in your home.