



Family Recovery Resource Experts presents  
“The Fallacy of Perfect Parenting”

Tuesday, April 9, 2019  
6:30pm – 8:00pm

EDINA HIGH SCHOOL  
Fick Auditorium  
6754 Valley View Road | Edina, MN 55439

FREE Event - Open to the community

This session will explore how the pressures to be perfect result in some parents feeling overwhelmed and inadequate. Many parents complain of a lack of control in their own homes and a feeling that their children's needs are running the household. They may remove barriers to success and end up unintentionally disempowering their children. They may try to be their child's best friend, losing focus of the primary responsibility, to raise a fully functioning adult. In this session, we will normalize what parents experience, how they learn to be parents, and we will explore Pia Mellody's concepts regarding affirming, nurturing and setting limits.



[www.frre.net](http://www.frre.net) | [info@frre.net](mailto:info@frre.net)