
GROUP AGENDA

- Session 1 - Bringing Peace to your Home
- Session 2 - Setting Limits & Consequences
- Session 3 - Mindfulness & Parenting
- Session 4 - Respect & Teamwork
- Session 5 - Working Yourself out of a Job
- Session 6 - Relax and Enjoy

THE PRESENTER

Our Parenting Coach and Licensed Psychologist, Lori Gephart offers Parenting Coaching to individuals and groups. She and her husband are the parents of two wonderful teenagers. In addition to her personal experience in parenting, she has 23 years of experience in working with parents and families. Her passion is helping parents to negotiate the challenges of parenting in a respectful and effective way.

Lori is committed to helping to educate parents about how enjoyable parenting can be when you have the tools and information you need. Children of all ages, including teenagers, can be a joy when families function with healthy rules, interactions and discipline. Parents and children can feel that home is a safe place to treasure when parents can create the structure that allows families to support each other's growth. Parenting coaching can help you develop a safe, healthy, supportive environment so that the whole family benefits.

LEARNING OBJECTIVES

Participants will:

- Learn how to create a peaceful home.
- Learn to set limits & give consequences that work.
- Learn the basics of mindfulness that will allow you to act instead of react.
- Learn how to improve your relationship with your child.
- Learn how to decrease conflict at home.
- Learn how to relax and enjoy parenting.

LOCATION:

NHPA
4068 Mt. Royal Blvd.
Gamma Building, Suite 125
Allison Park, PA 15101

WHO SHOULD ATTEND:

Parents of children 17 and under who wish their child came with a manual, who want to improve their parenting and who want to learn how to cope more effectively with their child's behaviors.

REGISTRATION FORM

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

Email _____

Additional Person Registering with you:

Name _____

Phone _____

**Registration Fee: \$299 for 6 week program
Bring a spouse for FREE.
Register with a friend & receive a 10% discount.
Current NHPA clients receive a 10% discount.**

Day & Time Preference — Please circle:
Monday Tuesday Wednesday Thursday Friday Saturday
AM (9:30 - 11) or PM (5:30 - 7)

PAYMENT:
Enclosed find my check for \$ _____
Payable to NHPA

Credit Card:
MC ___ VISA ___ AMEX ___ Discover ___

Card # _____

Expiration Date: _____

Signature: _____