



ALPHA OMEGA
CLINIC

HOW TO GET YOUR KIDS TO “LISTEN”

10 Parenting Strategies to Help Improve the Parent-Child Relationship and Bring Peace to your Home

ARE YOU EXPERIENCING ANY OF THE FOLLOWING CHALLENGES WITH YOUR CHILDREN?

- Arguing with you or with each other
- Disrespect
- Temper tantrums
- Lack of motivation
- Feeling entitled
- Parental burnout
- Parental disagreement on expectations

You are invited to a **FREE** parenting workshop to learn a variety of strategies to set age-appropriate limits and expectations with your child or teen - without being overly permissive or losing your temper!



PRESENTED BY:

Virginia Madden, Licensed Professional Counselor and Certified Positive Discipline Parent Educator

DATE AND TIME:

Tues, May 13, 6:30 PM-7:30 PM

PLACE:

Queen of Apostles School Library,
4409 Sano St, Alexandria VA 22312

For more information please contact **301-767-1733** or visit **www.aoclinic.org**