

School Success Begins at Home: Inspire Motivation and Reduce Stress

FREE Workshop for Parents of Children in Kindergarten - 8th Grade
Brought to you by AHM Youth and Family Services

6:00 - 7:30 PM, Thursday, September 27, 2018
Horace Porter School, 3 Schoolhouse Road, Columbia

*Tired of being the homework police?
Want to inspire your child to be more excited about learning?
Feel concerned about your child's worries related to school?*

After this class, you will be able to:

1. Apply simple, practical methods of inspiring your child's motivation in school and out
2. Recognize who "owns" any given school problem and how to respond effectively
3. Partner with your child and, as needed, with your child's teacher to set up a successful homework practice
4. Identify ways your worries and stress may be affecting your child
5. Apply simple brain calming strategies to reduce stress and teach these to your children

Workshop presenter Aaron Weintraub, MS is director of Kids Cooperate in Tolland, CT and behavior specialist at Holiday Hill Camp in Mansfield, CT. His perspective draws from an integration of practical therapies and philosophies that share a strengths based approach and a focus on practical, evidence based techniques tailored to the individual needs of the child and family. Aaron is a dad and Peace At Home teacher and coach.



To learn more:

Call **Cheri Rivard-Lentz** at **860-228-9493 X 6179**

or email CheriR@ahmyouth.org or visit us at www.ahmyouth.org