



**Free Workshop for Parents**  
**Wednesday, February 3rd**  
**Island Clubhouse**  
**179 Freeport Dr.**  
**Jupiter, FL 33458**  
**6:30~8:00PM**

## **Raising Responsible, Resilient, Confident Kids in a Crazy Mixed-Up World**

Does your child feel anxious or stressed out? Is homework a nightly battle? Does he or she have trouble with friends or constantly fight with siblings? Do you dream of a more harmonious home? Would you love to see your child more confident, responsible, and resilient? Is parenting more difficult than you EVER imagined?

Join us for a FREE workshop where you will be given some tips on how you can more effectively communicate with your child. You will also learn how to help your child develop and/or improve important life skills that will help him or her feel more confident as they navigate their way through their plugged in, peer pressured, social networked, standardized tested, stressful days of what they know as their life! And who knows, maybe you'll even walk away feeling a little less stressed! 😊

### Topics Discussed

- The Power of Positivity
- Raising Confident Kids
- Communicate with Confidence

### Target Audience

- Parents with kids in grades 4-12

**Presented By: Heather Medford** ~Veteran teacher and Certified Life Coach for Kids

**Date: Wednesday, February 3rd**

**Time: 6:30~8:00 PM**

**Place: The clubhouse @ Island at Abacoa**

**RSVP: [heather@lifecoachforkids.org](mailto:heather@lifecoachforkids.org)**

RSVP via email  
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