

# ***Kids Got You Stressed??***



## ***“Discipline and Setting Limits” Parent Workshop with Linda Marten, MSW***

*In this valuable, interactive workshop we will discuss:*

- Effective ways to set limits & reduce stress.
- Building relationship, respect, & resilience.
- Temperament & learning styles.
- Helpful tools & take-home information & resources.

**Raffle Prizes!**

Date: **Sunday, April 21, 2013**

Time: **1:00pm to 3:00pm**

Location: Newsong LA Church, 5875 Green Valley Circle, #200  
Culver City, CA 90230

RSVP: Contact Jenny Chow, [jennychow@gmail.com](mailto:jennychow@gmail.com)

Child Care Provided



**Linda Marten, MSW**

Parent Coach since 1998

**(310) 422-2397**

**Lmartenspeaks@yahoo.com**

Website: [Lindaspeaks.wordpress.com](http://Lindaspeaks.wordpress.com)

**Join other parents in  
these fun, interactive  
workshops!**

*“Ms. Marten doesn’t just talk, she makes it come alive with fun role plays!” ~ Father of two children*

*“I found out I’m not the only one struggling with raising kids and that I’m not doing such a bad job.”  
~ Mother of three*