

# ***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 and reduce stress.
- Building relationship, respect and resilience.
- Temperament and learning styles.
- Helpful tools, take-home information and resources.

**Raffle Prizes!**

Date: **Thursday, Sept. 12, 2013**

Time: **6:00pm to 8:00pm**

Location: **OPEN MAGNET CHARTER SCHOOL ~ AUDITORIUM  
5540 W. 77<sup>th</sup> St., Westchester, CA 90045**

Child Care: **Provided at \$5 per child**

RSVP: **Contact Terri Haywood, [haywood22003@yahoo.com](mailto:haywood22003@yahoo.com)**



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**Join other parents in  
a fun, interactive  
workshop!**

*“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*