

Okerberg and Associates presents:

Parenting with Love and Logic

Join us for six weeks as we discover easy-to-use parenting techniques that will help us to:

- ♥ Avoid arguments and power struggles with our children
- ♥ Stay calm in stressful situations
- ♥ Put an end to the whining, fits and back talk
- ♥ Guide kids to solve their own problems
- ♥ Develop more confidence as a parent
- ♥ Discipline without showing anger or frustration
- ♥ Leave our kids feeling great about themselves
- ♥ Raise responsible children
- ♥ And much, much more!

This parenting program is designed to give you practical skills that can be used immediately!

When: Thursday nights from 7:15-8:45pm beginning April 22nd for six weeks

Where: "The Acreage" located at 6139 US HWY 69 Ames, IA 50010

Cost: Free (*Optional \$15 workbook available for purchase*)

Please call ahead to ensure there is space

RSVP via email: Andrea@okerberg.com

Or call/text your interest at 563-451-6156

We look forward to hearing from you and are excited for you to join us!

Classes will be facilitated by Andrea Hohmann and supervised by Melinda Wadsley, Director of Mental Health Services at Okerberg and Associates. Andrea is an intern under Melinda at Okerberg and Associates pursuing her Master's in Social Work from University of Northern Iowa's trauma informed program. Andrea has her Bachelor of Social Work (BSW) degree and has worked in the field of mental health for several years. Andrea is experienced in with children, adolescents and adults and is a new mother herself. Melinda is an independent facilitator of Love and Logic as well as a licensed Mental Health Counselor (LMHC) and a Nationally Certified Counselor. She has worked professionally with children and families since 2009 while raising her own family of four kids.

Brought to you by Okerberg and Associates, LLC

