

10 Secrets to A Stress-Free Home & School **Free Workshop for Parents & Teachers**



Thursday, February 11, 2010
7:00pm – 9:00pm
Dilworth United Methodist Church
605 East Boulevard / Charlotte, NC 28203

- ✓ Create a calm home—eliminate yelling and arguing.
- ✓ Create stress-free mornings and homework time.
- ✓ Improve focus, attention and behavior in school.
 - ✓ Reduce anxiety and sensory issues.
 - ✓ Eliminate defiance and disrespect.

Join us for a humorous, practical workshop with nationally-recognized expert Kirk Martin, who has trained over 75,000 parents and teachers. Helpful in reducing anxiety and stress in all families, especially those with intense children.

The Workshop is FREE to the community thanks to sponsorship by Dilworth United Methodist Church. There is no need to register. Just bring friends and neighbors—we'll have a great time, have several "Ah-hah" moments and leave with a dozen practical tools that will help immediately. ****There will be door prizes for teachers, as well as documentation that can be submitted to local school districts to qualify for Continuing Education credits.****

Visit www.CelebrateCALM.com to learn more.