

Do You Want Your Kids to Listen Without Yelling, Nagging or Losing Control?

You knew parenting wouldn't be easy, but no one told you it would be like this.

If you are tired of the exhausting power struggles, the meltdowns, the fights, the *guilt*...

Learn how to break the cycle and become the parent you have always wanted to be.

Join us for this important session and uncover how you can go to bed feeling like the "best mom or dad in the world", on a daily basis!

Can't Attend Live?

Register for the class and we will send you a recording!



Register through the [Wellness Program](https://secured.countyofventura.org/wellness/)
<https://secured.countyofventura.org/wellness/>

Online class log-in information will be sent to registered participants prior to October 2nd.

Brought to you by Human Resources
and the WorkLife Program



In this strategy-packed, 1-hour ONLINE class, parents, grandparents and caregivers of children ages 2.5 - teens will discover:

- How to replace time-outs and punishments that DON'T work with Positive Discipline strategies that DO work
- Why YOUR PERSONALITY is making your kids FIGHT BACK - and what you can do about it
- A silver-bullet strategy for EASIER mornings, blissful bedtimes, and no more chore wars
- The No-Yelling Formula for Consequences
- The #1 tool to transform your relationship with your child

** You will also discover an exciting NEW benefit **exclusively** for County of Ventura employees to help you feel more CONFIDENT, joyful, and successful as a parent.

FREE ONLINE CLASS

Date: October 2

Time: Noon - 1:00pm

*Presented by
Positive Parenting Solutions*

ABOUT YOUR INSTRUCTOR

Nationally recognized parenting expert Amy McCreedy, is the Founder of Positive Parenting Solutions and the best selling author of *The "Me, Me, Me" Epidemic* and *If I Have to Tell You One More Time*. As a "recovering yeller" and a Certified Positive Discipline Instructor, Amy is a champion of positive parenting techniques for happier families and well-behaved kids.



Amy is a TODAY Show contributor and has been featured on CBS This Morning, CNN, Fox & Friends, MSNBC, Rachael Ray, Steve Harvey, The Doctors & others. In her most important role, she is the proud mom of two amazing young men.



For more information email: worklife@ventura.org