



Creating Lasting Family Connections

Wednesday, March 8, 2023

6:30 p.m.

Rotary Room

Join us for a discussion on strengthening parenting communication skills and developing resiliency in our children. We all want to be seen and heard. This presentation will introduce you to the following concepts as a foundation for effective parent-child communications:

- Understanding your child's perspective in order to connect empathically
- Valuable techniques to listen compassionately and express honest feelings
- Identifying parental expectations and consequences and presenting them fairly for mutual agreement
- Taking an in-depth look into emotions and their effect on behavior.

Presented by Nancy Billington & Lauren Lanham from Inspire Inc.
Please register at <https://fplct.librarymarket.com>.

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