



Gentle Path
COUNSELLING SERVICES
For the seasons of our lives

The Heart of Parenting

Being a "successful parent" means more than providing food, clothing and shelter...True success as a parent comes in helping children develop high self-esteem, strong communication skills and the courage to think through and make good decisions at home, school and in social situations.

This three-week program will help develop:

- **Self-Esteem** – 10 practical suggestions for parents to build self-esteem in their children
- **Communication** – Learn skills to effectively communicate with your children
- **Discipline** – A variety of methods of discipline are presented that do not harm self-esteem

WHEN: Wednesday, November 27th 2013

Where: The Church of the Good Sheppard, 668 Manawagonish Road

Time: 6:30 pm- 8:30 pm

Cost: \$60 per person or \$80 per couple

Some Subsidies Available

Now taking registrations!

Pre-Registration Required!

For more information or to register please call 652-6114

(This is a voice mail line, leave your name and number and your call will be returned)

PLEASE VISIT OUR WEBSITE AT www.gentlepathsj.com

Providing residents of Saint John and Southern New Brunswick with hope and healing opportunities, through professional counselling, support groups and educational programs, regardless of ability to pay.