

8 Pillars of Parenting For Peace and Calm at Home

Are you stressed out and exhausted? Tired of your child poor listening, lack of self-control and defiant behavior? Discover why your child pushes your limits, tries to control everything, and how you can **transform your home into an enjoyable space rather than a war zone**. In this interactive presentation, you will receive solutions from the Mad2Glad Blueprint that are key to having a **calmer, more cooperative child and restoring your sanity**.

You will learn:

- The **number one reason for anger**, anxiety and power struggles
- The 8 Pillars of Parenting that are critical to creating a **peaceful home**
- How parent coaching **re-establishes confidence and authority**



Class Offering Session – \$65

Thursday, April 6th

7:00-8:30 p.m.



About the Instructor

Barb Andrus, B.S., CAPS, is a Certified Mad2Glad Parent Coach, whose passion is

teaching practical ways to achieve peace and harmony within families. As a Family

Specialist for over 35 years, she is skilled at helping parents understand how the brain works and improving relationships with their children. Using cutting-edge strategies from the Mad2Glad Blueprint, Barb helps parents reveal the best version of themselves while raising happy, confident children.



More Information

Wellness Living offerings are held at the Cashman Center in Burnsville, MN. To register up for this class, please call Cashman Center at 952.224.8990



WELLNESS LIVING
HSA dollars may qualify.

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