

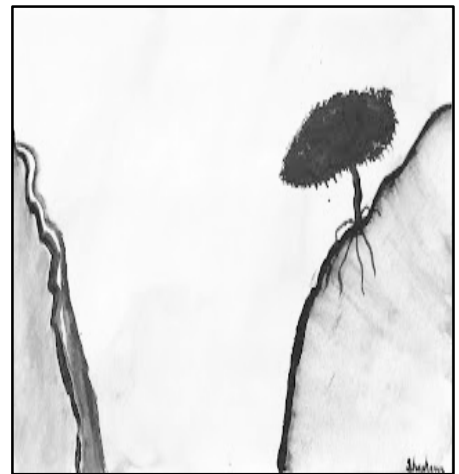
Free Workshop at Parents Helping Parents

Surviving Parenthood

Overwhelmed? Learn practical strategies for dealing with the emotional challenges of parenting a child with special needs including

- Managing frustration and anger
- Reducing worry
- Protecting your adult relationships
- Adding joy & refreshing your spirit

The workshop leader is Elizabeth Batson, Marriage and Family Therapist (#MFC 51584), a specialist in counseling parents and siblings of children with special needs.



7:00 - 9:00 pm

Monday, October 19, 2015

1400 Parkmoor Ave #100, San Jose, CA 95126

RSVP at www.SurvivingParenthood.org



**A practical approach to caring for yourself
while taking care of your family**