



October 2nd 2010

Empowering

Exceptional Parents

Empowering parents with tools, skills and laughter
With presentations by

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| Dr. Laura Brown, C. Psych., Child Psychologist Stressed Children and Hurried Parents |
| Barb Lustgarten-Evoy from R.I.S.E. Up! Raising Individual Self Esteem |
| Dick O'Brien, M.A.Sc., professional speaker/consultant Bring balance and personal health into a "bad day" situation |

9:00 am to 3:00 pm

\$10 per person (lunch included)

Please indicate any food allergies upon registration

Ariss Valley Golf and Country Club 5700 Hwy 86, Ariss, Ontario

Everyone welcome, payment required on the day

Register early!

519 821 8089 X 552 with name, contact information and number of people attending

Or <https://secure.kerrysplace.org/RespiteTraining/TrainingInfo.aspx>

Spots available at no cost if required, please ask for more information.

This event has been made possible with collaboration between the following organizations:



This event is supported by a Ministry of Education Parents Reaching Out Grant