



First Parish in Milton Religious Education Committee

Invites You to our Spring 2015 Common Hearth Event

Friday, March 27, 2015

6pm - 8pm

First Parish in Milton
535 Canton Ave, Milton MA

Dinner followed by a parenting seminar by Beth Greenawalt entitled
"Deepen your Loving Connection with your Child"



Do you second guess your parenting decisions?
Are you getting conflicting parenting advice from experts or family or friends?
Do you find that your kids no longer respond to things that have worked in the past?

During this presentation, I will be speaking to you about ideas that have helped my clients become better parents. You will learn how having a flexible parenting style can help you meet your child where they are in the moment and help you feel confident when dealing with unexpected parenting challenges. You will learn from my experience how to maintain good communication with your child throughout their development.

Stay ahead of the parenting game when you take away from my presentation the 5 ways to deepen your loving connection with your child which includes:

- 2 easy to remember techniques to help improve your communication
- 2 tips that will fuel your confidence when you make daily parenting decisions
- The # 1 technique that both you and your child can use as you move toward the relationship you both desire.

Bring the kids! Miss Julie from Petit Papillon Yoga will take them through a fun yoga workshop.



Julie founded Petit Papillon Yoga to create a unique, fun and nurturing place where kids, families and even grownups can come to learn about yoga and the many benefits it can bring! She brings her background in teaching children's dance and creative movement to all of her kids yoga classes. Julie has created a program that takes the ancient practice of yoga asana (poses) and sutras (philosophy) and makes it accessible for everyone. In addition to her yoga teaching, Julie is an AFAA certified group exercise instructor and a dance teacher.

Questions? Need more information? You can contact Lisa White lisawhite1250@gmail.com or Miriam Saavedra office@fpmilton.org

You can contact the church office 617-698-6329 to RSVP

This is a free event and all are welcomed!

