

Parent workshop

Developing Self Esteem in Children

At : Ankeny Presbyterian Church
317 SE Trilein
Ankeny IA 50021

Tues. Dec. 3, 7 pm – 9 pm
Adults only

Programming from 7pm-8:30pm
Dessert Bar and Social Time 8:30pm-9:00pm

No cost - but pre-registration is required. See registration information below.

Registration deadline is Mon. Nov 27

If you have questions, please contact **Lola Peters at 515-249-9182, or RLP405@msn.com**

Topics may include:

Goals of Parenting

Adjectives and Labels

Self Esteem Characteristics

Problem Solving

Responding to Mistakes

Safety vs Adventure

Positive Reinforcement

Laughter & Fun

To register: Email the registration information as listed below to Lola Peters at **RLP405@msn.com**.

1) Name(s), 2) Full Address including zip code, 3) Phone number(s), 4) E-mail address 5) ages of children

Please put **PARENT WORKSHOP** as the subject of your e-mail. You should receive a confirmation of your registration within 3 days. If you don't, please call or text Lola Peters. Thank you.

Presenter is Lola Peters, retired LMHC (Licensed Mental Health Counselor). She received her Bachelor's degree and her Master's degree from Iowa State University. The last ten years of her working career she was a school based therapist, working at Madison Elementary and Hubbell Elementary in Des Moines. She is a long time member of Ankeny Presbyterian Church.