

# The Stress-Less Family

Today's Date \_\_\_\_\_

Are you registering for one or two participants?

- One person (please specify)     \$15 - Odyssey parent     \$20 - non-Odyssey parent  
 A couple (please specify)     \$25 - Odyssey     \$35 - non-Odyssey

Will you need to use Odyssey childcare (\$10/family in addition to registration fee)?     Yes     No

Name(s) of Participant(s) \_\_\_\_\_

Age(s) of child(ren) \_\_\_\_\_

Email(s) (Please write clearly) \_\_\_\_\_

Preferred Telephone \_\_\_\_\_    Accept texts?     Yes     No

Mailing Address \_\_\_\_\_

City \_\_\_\_\_    Zipcode \_\_\_\_\_

How did you learn about *The Stress-Less Family* workshop?

- On facebook     A friend (list her/his name here) \_\_\_\_\_  
 From a flyer (please list where) \_\_\_\_\_     From Odyssey

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## The Stress-Less Family workshop details

**Date & Time:** Tuesday, February 16 from 6-8:30 p.m.

**Location:** Odyssey Community School (90 Zillicoa St.)

**Workshop Fee:** Odyssey \$15/person or \$25/couple (Non-Odyssey \$20/person or \$35/couple)

If you cancel or are a "no show," please note that \$10/person of your registration fee is non-refundable. If weather or other issues cause Shonnie Lavender to change the event date, you will be notified and allowed to confirm re-registration or ask for a refund of your registration fee if you cannot attend.

***Please enclose this registration form with your workshop fee (cash or check payable to IntoMeSee, LLC).***

***Mail both to: Odyssey Community School, 90 Zillicoa St., Asheville, NC 28801.***

# The Stress-Less Family Workshop

*Learn new ways to handle everyday conflicts  
and increase family harmony.*



Does your child have difficulty getting out the door in the morning? Does your child resist “unpleasant” activities like brushing teeth, cleaning up, or doing schoolwork? Are you struggling to effectively address everyday family challenges in a calm and creative way? In this highly interactive and practical event, we will:

- Learn the three brain states and how to communicate with your children in each.
- Identify what leads to recurring “problem” behaviors in your children.
- Identify concrete strategies to use in effectively handling stressful situations.
- Discover ways to prevent problems by creating more calmness and connection.

**Date:** Tuesday, February 16, 2016

**Time:** 6-8:30 pm

**Location:** Odyssey Community School (90 Zillicoa St.)

**Cost:** \$20/person or \$35/couple\*

**\*Odyssey families pay just \$15 or \$25**

**Space is limited. Early bird gift for registration paid by Feb. 6.**



*The Stress-Less Family* is created and facilitated by parent and certified coach, Shonnie Lavender. She supports conscious moms to create thriving families. Shonnie’s work supports parents to find their authentic parenting path and parent with love, compassion, and respect in a world that often models the opposite. Need more info?

ShonnieLavender.com | shonnie@shonnielavender.com | 778-2871