



### **Third Thursday Family Workshops**

Every month Hopeful Hearts Therapy will host a third Thursday of the month workshop on a different social, emotional or mental health topic. Family members including parents, aunts, uncles, grandparents, foster parents, caregivers, etc. are welcome and encouraged to attend. Participants will leave with a techniques and activities they can use with their children immediately.

Light snacks and refreshments will be provided.

Advance registration is \$20 per session, registration at the door is \$25 per session.

**Reserve your spot now - email or call us today!**

hopeful hearts therapy  
LCSW, PLLC



play \* dream \* connect \* thrive

## **Fall/Winter 2014**

**October 16, 2014  
6:30 -7:30 PM**

Practicing Positive  
Discipline: Rules,  
Routines and Effective  
Limit Setting

**November 20, 2014  
6:30 -7:30 PM**

Mindfully Thankful:  
Raising Calm and  
Compassionate Children  
in a Chaotic World

**December 18, 2014  
6:30 -7:30 PM**

Taking Care of Ourselves:  
Promoting Stress  
Management for Parents  
and Caregivers

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