

WINNING AT PARENTING WITHOUT BEATING YOUR KIDS

Come out and view **Barbara Coloroso's** video from her ***Kids are Worth It*** series and join in on a discussion facilitated by Brenda Lucas.

The video looks at **Chores, The Three Cons, Discipline, Six Critical Life Messages, Money, Meals, Solving Problems, Bedtimes, Fighting, Jail, and Three Families. Come and learn if your family is a Brickwall, Jellyfish, or Backbone family.**

Presenter:

Brenda Lucas, M.A. is a Registered Clinical Counsellor trained in Counselling Psychology with the Adler School of Professional Psychology, EMDR Level II, and Hypnotherapy. Brenda is in private practice in Ladysmith, BC. She is also an associate with Fisher and Associates. Brenda has more than 25 years experience as a social worker and counsellor. She has worked for 16 years in the Lower Mainland of Vancouver with adults, children, youth, couples, and groups, and two and half years in Victoria. Brenda provides services to child and adult survivors of trauma, marital and family counselling, and individual and group cognitive behavioural therapy for anxiety and stress.