



# PARENTING OURSELVES, PARENTING OUR CHILDREN

***Workshop in Anderson Valley:***

***Date:*** Saturday, January 24, 2009

***Time:*** 1:00 - 5:30 p.m.

***Location:*** Anderson Valley Adult School in AV Elementary

***Tuition:*** \$5 – \$25 sliding scale

Our children are born through us, yet they are unique and distinct individuals with paths of their own. It's our responsibility to guide and nurture them, yet how do we not project our limiting conditioning onto them? How do we, as parents, learn from and heal what they bring up in us? When we are feeling guilty, helpless, enraged or stuck in a battle of wills, what resources do we call upon to help?

Parenting offers us an opportunity for healing, an opportunity for bringing real love into our lives and the lives of our children. In this workshop you will be introduced to the essential tools and art of Process Coaching in order to:

- Release yourself and your child from obsolete family patterns
- Disentangle your relationship with your child
- Gain clear insight into your child's experience
- Quickly and easily release parental guilt and blame
- Find greater acceptance for yourself and your child
- Use the tools of Process Coaching to bring healing to your wounded inner child
- Bring more authenticity, presence and real love to your parenting

***Betty Idarius*** is the co-founder of Full Circle Wellness Resource Center in Ukiah. Her background includes 30 years as a homebirth midwife, as well as extensive experience in NLP, hypnosis, mind-body healing and spiritual psychology. Betty enjoys helping others find the resources inside themselves in order to have more of what they want in their lives. She offers individual process coaching sessions and relationship coaching for couples.

***Preregistration is highly recommended.  
To register, call the Adult School at 895-2953.***