



Acceptance

Tuesday, May 26th | 5:30 - 6:30pm PST

Register at: <https://tinyurl.com/yagcbnuq>

LIVE via ZOOM webinar

Questions? (530) 261-1297

Facilitated by

Jason Wilcox, LCSW



This concept will walk you through elements that can make or break relationships with children. Individuals need acceptance in order for them to have the space to fully look at their own thoughts and gives them the best opportunity for growth. Children can feel calmer when there is conflict. Helps them feel okay with who they are and where they are at in life. There is an increased likelihood they will engage in the conversation instead of shutting down. Kids feel more secure in their relationship with you – it gives the space for children to build confidence.

Jason Wilcox, LCSW, co-author and developer of **Motivational Interviewing for Leadership: MI-Lead**. He is a national trainer and consultant for Motivational Parent, MI-Lead, Motivational Interviewing, and Motivational Enhancement Therapy. He is a dedicated husband and father of three amazing kids.



Register for one or all of these classes via ZOOM at: <https://tinyurl.com/yagcbnuq>

Day	Time	Event	Details/Link
Tuesday, May 26 th	5:30 - 6:30pm	Acceptance	This concept will walk you through elements that can make or break relationships with children. Individuals need acceptance in order for them to have the space to fully look at their own thoughts and gives them the best opportunity for growth. Children can feel calmer when there is conflict. Helps them feel ok with who they are and where they are at in life. Increase likelihood they will engage in the conversation instead of shutting down. Kids feel more secure in their relationship with you. Gives the space for children to build confidence.
Tuesday, June 2 nd	5:30 - 6:30pm	Compassion	Compassion practice has been shown by research to enhance your health, psychological well-being, relationships, and sense of purpose. It's been shown to impact longevity of life. To decrease stress and inflammation. The more compassion we have, our rate of loneliness decreases. Compassion with parenting will create a space that the child will more likely engage with us, want and feel our support, builds trust, and often can help bring about action.
Tuesday, June 9 th	5:30 - 6:30pm	Evocation	Evocation helps kids develop critical thinking skills, they become more invested in their ideas, they are more likely to act, they are more likely to want to keep coming back to you to talk through issues, concerns, problems, etc. It can help build a sense of confidence in the child. They feel like you trust and are interested in them and connected to you. They feel they are valued and that their opinion matters.
Tuesday, June 16 th	5:30 - 6:30pm	Mindful Eating	In week 11 we will be discussing the important aspects of the way we eat and how that affects our eating habits. You'll be guided through multiple ways to do mindful eating, as well as looking at other ways to be successful with your eating habits that you can also use to work with your children's eating habits.
Tuesday, June 23 rd	5:30 - 6:30pm	Nutrition, Your Health, and How the Diet Impacts Stress	This course will look at how and what we eat, and how that impacts our health, inflammation, and stress. We'll discuss healthy ways to eat, important healthy foods, why a healthy diet is important. We'll also discuss ways to have a healthy diet for the family, how to work with our children to eat healthy, and how to eat healthy on a budget.
Tuesday, June 30 th	5:30 - 6:30pm	Children and Stress	During our time together we will discuss how our children show us they are feeling stress. Children have many different ways they communicate with us, and it's not always verbally. There are multiple negative impacts that stress can have on our kids, which we will review. We will also look at why it's important to know when our children feel stress, what may cause stress, and what we can do to help them reduce their stress.