

# Wholistic Parenting Workshop: Helping Sensitive Children Reach Their Full Potential

<http://www.energyconnectiontherapies.com>

Join Jan Yordy, M.Ed., M.S.W., innovative educator, child expert and international presenter in a fun, experiential workshop for enhancing your parenting or teaching skills! This day long workshop will cover:

- Brain Gym exercises to relieve stress & create integration
- Understanding Brain Dominance & its affects on learning
- Right brained learners - ADHD or just active learners?
- Characteristics & challenges of Indigo & Crystal children
- Parenting Tips to reduce conflicts & enhance cooperation
- Energy exercises for calming & balancing big emotions
- The role of diet & nutrition in brain & emotional functioning
- Creating a tool box of positive coping strategies for children
- Communication Tips which enhance children's self esteem

Date: Saturday, May 15<sup>th</sup>, 2010

Time: 9:00 am to 4:30 pm Registration starts at 8:30am

Location: The Integrated Centre for Optimal Learning – Waterloo, ON  
(826 King St. N, Unit #16, Waterloo in Marketside Business Complex across from  
St. Jacobs Farmer's Market) Map available at <http://www.ICOLsolutions.com>

Cost: \$85 for the day (snacks included) Limited Seating  
\$75 (save \$10) if payment received before May 1<sup>st</sup>, 2010  
You may either bring a lunch or pick one up nearby

For more information contact Jan Yordy at (519) 664-3568  
or [yordy@energyconnectiontherapies.com](mailto:yordy@energyconnectiontherapies.com)

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## Registration for Wholistic Parenting Workshop - May 15<sup>th</sup>

Name: \_\_\_\_\_

Address \_\_\_\_\_ Postal Code \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Please send cheques payable to Jan Yordy at P.O. Box #35, St. Jacobs, ON. N0B 2N0  
May also fax registrations to 519-664-1390.