



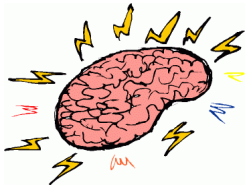
What's Going on in Young Brains (and Yours!) when Emotions Flare: **Managing Meltdowns**

Does your child have emotional storms?
Seems to listen to you only 15% of the time?
Doesn't follow reason?



Do you wonder....
“What’s going on? What can I do that doesn’t get us both upset?”

“Managing Meltdowns” has answers for you!



Explore (in plain English) what physically happens in the brain during emotional storms.

Learn concrete skills to manage stress and emotions more effectively.



Practice easy tools that will benefit both you and your children today!

Tuesday, February 10th, 2009
6:00 – 7:30pm

Sachi Wellness Center, 2008 Willamette Falls Dr. West Linn

www.RememberTheJoy.com

or www.westlinnoregon.gov/parksrec/recreation-programs

Registration is \$20 online, or \$25 at the door.

Presented by Lydia Byhardt Bollinger, LCSW

Adoptive Mom and Licensed Therapist in West Linn, OR

Offered only *one* time this term – Register today for this popular workshop!!