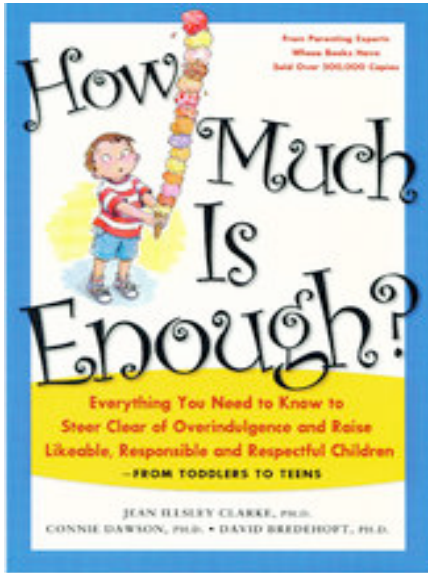


Join us in learning...How Much Is Enough?

A Skills Based Parenting Course



In this six week course, you will learn:

- How to figure out if you're being overindulgent and ways to act differently
- How to teach your child what "enough" means
- Tips on establishing firm rules and structure
- How to instill responsibility and independence in your kids
- What to do when friends or family overindulge your kids
- How to break the cycle if you were overindulged as a child.

When: Six Wednesday mornings from 10:00 – 11:30 AM beginning 10/13

Where: Parent Child Center on Bainbridge Island

Cost: \$40 per person; \$50 per family. Childcare available for \$2/session

Register: For the course & childcare at Parent Child Center at 206-780-8339

Materials: Purchase the book, *How Much Is Enough* by Clarke, Dawson, Bredehoff
Available at Eagle Harbor Bookstore

A minimum of four participants will be required to offer this course.

Facilitated by Carol Pendleton. Carol has trained directly with Jean Illsley Clarke in the *How Much Is Enough*, *Self Esteem: A Family Affair*, & *Growing Up Again* intensive facilitator trainings. She has a strong background in parent education and bullying prevention. She has worked with groups of children, parents and educators at the Bainbridge Island School District, Parent Net, Girl Scouts, and Voyager Montessori. Currently she is working towards her Master's degree in Marriage and Family Therapy and plans to work with children and families. Carol is the parent of two children, ages 19 and 16.

For more information go to www.overindulgence.info