

THE ART OF SOULFUL PARENTING

No one needs to remind us that parenting today is more challenging than ever. Many of us were not prepared to deal with the pace at which our children are learning. Many of us were not prepared to parent "step-children", or be single parents. And, many of us are overwhelmed and tired, and we need some outside, professional help.



Soulful Parenting sessions and classes provide highly individualized assistance and an opportunity to share your unique needs and situation. Together we will then co-create a plan designed just for you and your children.

GUIDANCE INTO SOULFUL PARENTING

Foundational Work

Offered individually and in workshop/seminar format.

Soulful Parenting guidance provides a model for parenting compassionately, from the heart. Participants learn techniques, develop tools and have the opportunity to practice:

- ◆ *Being "in the moment" when with our children*
- ◆ *Parenting with conscious remembrance that our kids need straight talk, with heart.*
- ◆ *Guiding rather than controlling*
- ◆ *Inviting our children to be our teachers.*
- ◆ *Various pathways to help our children be responsible, accountable and contributing members of the family*



*Candace Sinclair is the Clinical Director of **Northwest Community Counseling Services**. She is a licensed mental health counselor, educator, small business owner and most importantly, she has raised two grown daughters who reflect her soulful parenting skills.*

To discuss your needs, please contact Candace at:

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