

SEPTA in partnership with the Huntington Council of PTAs Presents
Secrets to A Stress-Free Home & School
Workshop for Parents



Thursday, March 25, 2010
7:00pm – 9:00pm
J.T. Finley Middle School
20 Greenlawn Road / Huntington, NY 11743

- ✓ **Create a calm home—eliminate yelling and arguing.**
- ✓ **Improve focus, attention and behavior in school.**
- ✓ **Create stress-free mornings and homework time.**
- ✓ **Relieve anxiety, sensory and sibling issues.**
- ✓ **Eliminate defiance and disrespect.**

Join us for a humorous, practical workshop with nationally-recognized expert Kirk Martin, who has trained over 75,000 parents and teachers. Helpful in reducing anxiety and stress in all families.

The Workshop is FREE. We'll have a great time, have several "Ah-hah" moments and leave with a dozen practical tools that will help immediately. Please plan to arrive early. Contact Madeline London at 631-427-2869 for more information.

Visit www.CelebrateCALM.com to learn more.