

10 Secrets to A Stress-Free Home & School **Workshop for Parents & Teachers**



Monday, March 15, 2010
7:00pm – 9:00pm
Hickory Christian Academy
3260 6th Street Drive NW / Hickory, NC 28601

- ✓ **Create a calm home—eliminate yelling and arguing.**
- ✓ **Improve focus, attention and behavior in school.**
 - ✓ **Eliminate defiance and disrespect.**
- ✓ **Create stress-free discipline and homework time.**
- ✓ **Build confidence, vision and internal motivation.**

Join us for a humorous, practical workshop with nationally-recognized expert Kirk Martin, who has trained over 70,000 parents and teachers. Helpful in reducing anxiety and stress in all families. Let's make this school year stress-free!

The Workshop is FREE as a service to the community. There is no need to register. Just bring friends and neighbors—we'll have a great time, have several "Ah-hah" moments and leave with a dozen practical tools that will help immediately.

Visit www.CelebrateCALM.com to learn more.