

Setting Boundaries With Kids Workshop

Monday, March 14, 2016

Setting boundaries with kids is a tricky business. If you are too restrictive, your child may revolt. If your boundaries are too loose, you may lose control.

Please join us for this FREE presentation for parents, grandparents, teachers, coaches, mentors and community members.

Monday, March 14, 2016

6:30 – 8:00 PM

Memorial School

124 Hubbard Street

Middlefield, CT

**Join us to address to your
questions and concerns including:**

- What are healthy boundaries and how do I set them?
- How do I let my child make mistakes and take responsibility?
- How do I keep my child drug and alcohol free?

Sponsored By:

Durham/Middlefield
Youth and Family Services



**FEATURING GUEST
SPEAKER**

Alicia Farrell, Ph. D

Alicia is an accomplished cognitive psychologist and founder of Clearview Consulting and the Center for Mental Fitness. Some of her noteworthy accomplishments include 9 years as a university professor and twice a fellowship award recipient in support of research on Wisdom.

Alicia's life's work is to educate and coach people to maximize their brain power and solve problems. She also has a private practice coaching individuals who want to make healthy and durable changes in their lives. Dr. Farrell brings 20 years of expertise and passion to her work.