

The Alfred Adler Institute

- APABC Since 1973 -

Setting Limits and Knowing when to say "YES"

An evening workshop facilitated by **Jim Skinner**

This evening workshop will give you practical knowledge on setting limits in a mutually peaceful respectful way. Everyday challenges around mealtimes, bedtime, computer/TV-time and homework time will be addressed. Learning the skills of limit setting will help reduce the arguments, miscommunication and your stress!

Date: Monday April 12th 2010

Time: 7:00pm – 8:45pm

Venue: The Adler Centre
Suite 230 - 1818 W. Broadway
Vancouver, BC

Cost: \$25.00/person
\$40.00/ couple
\$20.00/ person for groups of 5 or more

Jim Skinner, Med

Jim Skinner has worked in the public school system for 38 years and with the BCTF as assistant director of Professional Development. Jim has also taught in the Faculty of Education at the University of British Columbia as well as the Justice Institute of British Columbia and City University. For more than 25 years Jim has been a parenting course leader using Adlerian principles. And currently, Jim is the Executive Director of the Adlerian Psychology Association of B.C (APABC).

To register, please contact The Adler Centre:

604-742-1818

www.adlercentre.ca • apabc@adler.bc.ca

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