

*The Adler Centre*

*- APABC Since 1973 -*

## **Parenting Workshops**

This 8 week parenting group is based on the highly regarded **S.T.E.P.** (Systematic Training in Effective Parenting) method. The group explores strategies for dealing with the challenges of being a parent. The STEP program covers topics such as: Encouragement, Parenting Styles, Family Constellation, Goals of Behaviour, Problem-Solving, Communication, Promoting Capability and Sibling Rivalry.  
(For children aged 1-12)

**Dates:** 8 Tuesday Evenings April 24<sup>th</sup> – June 12<sup>th</sup>, 2012

**Times:** 6:30 PM – 8:30 PM

**Venue:** The Adler Centre

Suite 230 - 1818 W. Broadway (at Burrard),  
Vancouver, BC

**Cost:** \$100.00 / person or \$150.00 / couple

(All costs include APABC memberships)

### **Amy Lloyd, M.A., RCC**

Amy is a counsellor by profession and has worked in the areas of teaching, counselling and consulting. She completed her undergraduate degree at the University of Victoria and received her Master in Arts from The Adler School of Professional Psychology. Currently she works in private practice in Vancouver practicing personal counselling and vocational consulting. Amy is certified in Positive Discipline and is a parent of a nine-year-old daughter.

**To register, please contact The Adler Centre:**

**604-742-1818**

**[www.adlercentre.ca](http://www.adlercentre.ca) • [apabc@adler.bc.ca](mailto:apabc@adler.bc.ca)**