

# Parenting with Purpose

*A parenting course designed to strengthen families and build healthy relationships*

## Key Issues and Topics

- ⊕ **Foundations** – exploring timeless principles for parenting with confidence
- ⊕ **Boundaries** – identifying what our responsibilities *are* and *are not* as parents
- ⊕ **Character building** – using daily experiences to develop self-control and responsibility
- ⊕ **Discipline** – learning how to avoid provoking while yet nurturing and guiding
- ⊕ **Family of origin** – discovering how family patterns affect your parenting style and relationships
- ⊕ **Skill building** – learning simple tools to encourage positive and limit negative behaviors
- ⊕ **Nurturing** – learning to care for the individual and unique needs of our children and ourselves

## Setting

- Couples and single parents
- Interactive small group
- Weekly supplemental reading
- Eight week course
- 2 hours per weekly session

## Course Leader

- Mrs. Amy Ferrell
- Mother of six children
- Endorsed by Dr. Haroldo Drachenburg and Cynthia Cook, Medical and Clinical Directors of the Olney Psychiatric and Counseling Center

## Cost

**Couple: \$195.00**

**Single Parent: \$145.00**

(includes course notebook and the text, Boundaries, by Dr. Henry Cloud and Dr. John Townsend)

The books listed below are included in the suggested supplemental reading:

- ⊕ 1-2-3 Magic, Dr. Thomas Phelan
- ⊕ The Parent's Handbook, Dinkmeyer and McKay
- ⊕ Seven Habits of Highly Effective Families, Dr. Stephen Covey

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## REGISTRATION FORM

Name(s): \_\_\_\_\_ Telephone (home): \_\_\_\_\_

Address: \_\_\_\_\_ Telephone (work): \_\_\_\_\_

Children's names with (ages):

\_\_\_\_\_ ( ) \_\_\_\_\_ ( )  
\_\_\_\_\_ ( ) \_\_\_\_\_ ( )  
\_\_\_\_\_ ( ) \_\_\_\_\_ ( )

*For the date and location of the next course or more information, call Amy Ferrell at 410-418-9688.*

*Mail check to: Amy Ferrell, 9931 Old Frederick Road, Ellicott City, MD 21042-1648*