

- **123 Magic for Children**  
*Based on the best selling book of the same name, this class sends you home with a very specific strategy to stop power struggles in their tracks. Most appropriately used with the 3-12 year old, you will experience immediate results in your child's behavior.*
- **ADHD In the Classroom and at Home**  
*This is a two-night class. Class one is designed to educate you about what ADD/ADHD really is, what it looks like in your child, how to treat it (meds? no meds?), and how to manage it as a parent so your child is set up for better success at home. Class two focuses on how your child's ADD/ADHD manifests itself in the classroom and provides strategies parents can employ to help your child be more successful both in school and in his/her peer relationships.*
- **Anger, Depression and Anxiety: Helping Our Children Cope**  
*Just like Connect-Reflect-Redirect offers you specific steps toward helping your child cope with difficult feelings, this class helps YOU, Mom and Dad, cope with the scariness of your child's difficult emotions. We can't stand to see our kids sad, angry, and frustrated; it frightens us. This class promises to send you home feeling a sense of relief that your child's feelings just aren't that scary after all!*
- **Blending Families**  
*Much like what goes on in a chemistry lab, combining people can create a very combustible situation. When you are merging two families, the potential for disaster is matched only by the potential for joy. It's all in how you plan for and execute the transition. This class offers specific strategies for planning, executing, and enjoying the blending of you and your loved ones' families.*
- **Coffee and Confidence: FREE Saturday morning sessions that build knowledge and confidence in parents**  
*Always free, and by far the most popular of formats, this class is simply an opportunity to come meet Suzanne Hanky and ask your burning questions about children, family, and parenting. This is FUN! On Saturday mornings I call this "Coffee and Confidence," because after one cup of coffee and one hour in this class, your parenting confidence will BOOM!*
- **Communication You Can Count On: Developing Effective Skills**  
*This is also a two night class because the amount you will learn will change your effectiveness as a parent beyond what you hoped. Learning how to talk to children differently at each developmental stage in their lives maximizes respect in your home, the clarity with which you communicate, and your child's willingness and ability to be compliant. This may not sound like the most exciting evening out you'll ever spend, but it will be the most rewarding.*
- **Connect, Reflect, Redirect: Parenting Through any Crisis**  
*Surprisingly, much of our children's explosive behavior is connected to grief. This class will teach you a specific three- step strategy for assisting your child through moments of personal crisis expressed as rage, sadness, disappointment, etc. This plan helps your child regain control of his/her emotions, whether the grief appears to be "real" or "imagined."*
- **Co-Parenting Through Separation and Divorce**  
*Can divorce ever be painless? No, but it can be done well. PLEASE, before you separate and even after, come learn how to break up without breaking the children in the process. This is what every separated parent wishes for but does not always have the skills for; and some of these strategies will surprise you.*
- **Developing A Successful Parenting Plan**  
*If you are really proactive, then you will begin thinking about what you'll need to do to raise children long before the terrible twos. I can't say I was so proactive, but I can tell you exactly what you need to know in order to have a loving, healthy plan in place BEFORE your children begin to make you wish you had! Doing anything well requires that you have a clear plan for success. This is your Parenting Plan. Awesome!*

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For more information, call:  
Suzanne Hanky  
(804) 337-7651

- **Divorce and the Silent Grief of the Child**  
*It is a rare thing for a child to be unaffected or happy that his/her parents are no longer together. This class traces the cycle of grief in your child as you and your ex move through the cycle of divorce. This is all about recognizing that your child will react to your divorce both now and later. You want to be able to recognize the signs of divorce-related grief in your child and how to most compassionately respond to them. Now you can.*
- **Growing A Healthy Self Regard In Our Children.**  
*This class speaks to the two things all parents must understand in order to develop a healthy self-esteem in their children. Hint: You cannot buy it. You have to grow it yourself. Come find out how!*
- **Help! Is this Normal?**  
*How many times have we asked ourselves that question? How do we know where the lines are drawn between normal and not? This class answers that question for you, including time to ask plenty of your own questions. You're certain to feel better after this group!*
- **Motivating the Unmotivated**  
*You're finding out that you can't MAKE a kid do anything he/she doesn't really want to do. And if your child is easily bored or just plain lazy, how to light a fire under his/her feet is the mystery of the century! Come discover some surprisingly positive strategies for lighting that fire and keeping it burning.*
- **Power Struggles and the Toddler, Teen and In Between**  
*Do you really know what power struggles are about? Hint: They're NOT about driving you insane, believe it or not! This class examines the need to fight for control that every child is driven by and how that compulsion changes as the child grows. You will leave this class with a much improved understanding of how to stop power struggles at any age.*
- **The Two Roles of a Parent: Parenting to Success**  
*Do you find yourself wondering what you should be accomplishing as a parent and when you're going to get to the fun part? This class offers new insight into what hats you're really supposed to be wearing as a mom or dad. You might not need to change much of what you're doing but rather how you see your role.*
- **Tweeners: The 10-14 Year Old**  
*Another two- night class, this one focuses on the 9-13 year old: the Middle Schooler—The Dark Ages! Come learn about the physiology of this age-group and how physical changes disrupt everything about this child: school attitude and performance, relationships with parents and peers, eating, sleeping, and awake time. The first night establishes who the Tweener is and how it feels to be him/her; the second addresses appropriate parental intervention and discipline.*
- **What Does a Kid REALLY need to Know?**  
*French in pre-school? Phonics at three? Science labs, yoga, and reading for the pre-schooler will not develop the most important skill your young child will ever need to have. PLEASE come find out what that skill is and how to develop it in your child... It's much too difficult to do once your child turns ten.*
- **Why Is School So Stressful for Our Family?**  
*School, homework, extra-curriculars, projects, friends, buses, teachers... It's all so overwhelming! What's wrong with us that causes school nights to be so bad? These are such normal feelings for parents of today. The bar is high and you feel like you and your child have to work twice as hard as everyone else to reach it. You're not alone! This class was planned just for you. We'll talk effective planning, appropriate routines, homework strategies, when you just have to say no, and how to stay on top of it all.*