



# IS PARENTING STRESSING YOU OUT?

Is there too much conflict and chaos in your home?  
Are you tired of the frustration?

Join us for these highly acclaimed workshops and get the support you deserve.

## ADHD and Executive Function: Understanding the Impact on Learning, Motivation, and Behavior©

2-Hour Workshop October 23, 2018 @ 7pm-9pm EDT

This workshop will help you make sense of:

- Why it is so hard for your child to behave as expected
- What makes following directions and consistency of behavior so challenging
- Why concepts like organization and time management seem to be learned, but not followed
- How using rewards and punishments often create more problems than they solve

Register for ADHD and Executive Function© Here: <http://bit.ly/ptsrpimpact>

## Calm and Connected: Parenting the Child You Have©

7-Session Workshop, Oct. 23, 30, Nov. 6, 13, 27 Dec. 4, 11 - 7pm-8:30pm EDT

Do you need help setting boundaries and motivating your child?

Are you wondering about how to bring some calm and joy back?

*Join us for this 7-session workshop where you will learn tips and tools for...*

Session 1 – ADHD & Executive Function

Session 2 – Remaining Calm & Connected

Session 3 – Improving Communication

Session 4 – Encouraging Collaboration

Session 5 – Achieving Clarity & Consistency

Session 6 – Effective Consequences

Session 7 – Making Better Choices

Register for Calm and Connected© Here: <http://bit.ly/ptsrpcc>

Early Bird  
10% Discount  
Register by  
Oct 19  
USE CODE:  
PTSRP

**Location:** Five Stones Integrative Health, 200 East Joppa Rd. suite 108, Towson, MD 21286

**Visit** <http://bit.ly/ptsparentrp> or email: [Info@PTScoaching.com](mailto:Info@PTScoaching.com) for information

Facilitated by Robyn Parks CPC, ACC, CACP  
Parent Coach / ADHD and Executive Function Coach

Workshops developed by Cindy Goldrich, founder of PTS Coaching and author of 8 Keys to Parenting Children with ADHD.