



MOM'S TIME OUT!

Does it seem like your life totally revolves around your children?
You can't remember the last time you worked on a project that interested only you?

A Workshop for Moms of Young Children (2-9 years old)

In this workshop, you'll:

- Find time and place(s) to discover who you really are in addition to being a Mom.
- Look at making positive changes in your life that will take into consideration the effect on your child.
- Learn and get support from other moms as you consider making changes.

WHO: Mothers with young children (2-9 years old)
WHERE: EAST BAY (ALBANY)
WHEN: **Saturday, June 8, 2013, 1:00-4:00 p. m.**
FEE: Sliding Scale: \$35-\$50
TO REGISTER: Call Pnina at (510) 547-5557 before May 31, 2013
INFORMATION: email: pninatobin@comcast.net or www.parentingsafekids.com



Facilitator: Pnina Tobin has been working with a variety of parents for more than 40 years, as a credentialed parent educator, and as a certified parenting coach. She has been helping parents of young children develop new skills and break old patterns in their parenting in order to raise children who are confident and resilient and better able to handle their lives as adults. In addition to raising 2 children as a single mother, Pnina now is actively involved in grandparenting her three grandchildren.