

Parenting may be the most rewarding job in the world but no one ever said it was easy! Children are not born with instruction manuals, and winding through the maze of does and don't requires a stealth like persistence and stamina.

Child Care Resource and Referral and the Mission Early Childhood Development Committee are pleased to offer a free workshop May 3, 2008 by one of Canada's leading speakers on parenting issues. Kathy Lynn has helped thousands of parents to regain some order in their lives by improving their skills as parents. Kathy brings valuable strategies and practical solutions to the kinds of problems parents face every day. Kathy brings down-to-earth information which gets right to the heart of the issue.

Over three decades of speaking to parents and professionals about kids and families, Kathy has helped thousands of Moms and Dads become better parents and has made a big difference in the lives of Canada's children. Kathy began offering quality parenting education services in 1978. Her career in parenting education began when her children were young and she sought out help for the day-to-day challenges of raising children. There was very little professional help available, so she trained as a parenting educator and began leading parenting classes. Kathy has produced and hosted a television program and a radio show offering advice to parents. She writes columns for 24 Hours (Vancouver's leading commuter daily newspaper), the North Shore News and Today's Parent magazine. She is also the author of two best-selling parenting books.

"All parents want to do a better job of raising their kids," says Kathy. "Grandparents want to help as well. When they come to me for advice or support and it works back home, they're delighted and so am I." Please come out to her presentation "**Who's in Charge Anyway?**" a keynote on empowering parents. This keynote addresses the issue of maintaining a balance between hearing children and having them listen. It will help parents understand their role concerning family rules, rituals, expectations and limits. The free workshop will be Sat. May 3, from 9:30am to 12pm at Mission Secondary School, 32939-7th Ave. Mission and refreshments and certificates of attendance will be provided. Please call Laura Hope at 604-826-6194 or Laura Wilson at 604-826-2295 for more information or to register. Registrations also accepted at the door.