

# **Albert Campbell Collegiate Parent Council Workshop Series 2009-2010**

Join Lil Blume for a fun, interactive parenting workshop:

## **LISTENING WITH EMPATHY**

We generally want to make helpful remarks to our children when they express a concern - responses that will open and encourage communication. Yet, well-intentioned comments often have the opposite effect. This workshop will help you choose what to say when you need to connect with your child.

You will learn to

- Identify and analyze accepting and rejecting responses
- Practice paraphrasing and empathic listening
- Develop skills in value clarification
- Discover how to communicate helpfully with troubled people

Tuesday, December 1, 7:00 p.m. - 9:00 p.m.

To register, contact the school office.