



# SCREAMFREE PARENTING - THE POWER OF CALM

**Tuesdays 10:30am - 12 noon**

**90 minutes • 4 weeks • \$190**

**Start date: Ongoing,  
please email for next start date**

Parenting is not about kids; it's about parents. If you're not in control, then you cannot be in charge. What every kid really needs are parents who are able to keep their cool no matter what. Easier said than done? Yes, but in our group, you will learn the principle-based approach that will inspire you to truly revolutionize your family dynamics. Moving beyond the child-centered focus, we will learn and practice the ScreamFree principles, share triumphs and failures (especially the leader's), and laugh along the way! The goal is to compel you to focus on yourself, calm yourself down, and grow yourself up.

Milena will help you (parents/caretakers) incorporate the principles for overcoming the anxieties and stresses of parenting and setting new patterns of connection and cooperation. You CAN become calming authorities in your home, bring peace to your family, and give kids what they need to grow into caring, self-directed adults tomorrow.

**For more information, please contact:  
Milena Skollar, LCSW  
404-219-4828 or [milenaskollar@gmail.com](mailto:milenaskollar@gmail.com)**



**MILENA SKOLLAR**

Milena provides individual, child and adolescent psychotherapy, play therapy for children, family therapy, psycho-education, assessment, parenting and discernment counseling at Atlanta Center for Wellness. She teaches workshops on parenting, marriage and sexual abuse prevention/child safety. She has been a licensed clinician for 26 years and a ScreamFree Certified leader for almost ten.



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