



# PARENTING TOOLS FOR TODAY!

**Wednesdays 10/4, 10/11, 10/18, 10/25**  
**10:30am-12pm**  
**\$250 individual parent**  
**\$50 for additional parent or caregiver**

Why is parenting more challenging today than ever? Post-pandemic, families report experiencing increased stress and anxiety as they juggle the overwhelming demands of work, school, and over scheduling. Join us for this four-part parenting workshop to learn and practice effective parenting strategies based on Positive Discipline by Dr. Jane Nelsen which includes many practical parenting tools backed by both theory and research.

You will learn ways to help your toddler, school-age child, or teen feel a sense of belonging and significance through mutual respect and encouragement as well as ways to deepen family relationships and improve communication. These classes are a wonderful opportunity to connect with other parents and receive support as you practice new parenting skills.

**We recommend participants purchase this materials package:**  
**[www.positivediscipline.com/products/parenting-class-package](http://www.positivediscipline.com/products/parenting-class-package)**

**For more information, please contact Kim Frey  
at 404-343-4162 or [AC4Wbilling@gmail.com](mailto:AC4Wbilling@gmail.com)**



**KAREN KALLIS**  
**M.ED., LPC, NCC, RPT**



**KELLY GFROERER**  
**Ph.D., LPC, NCC**

Karen Kallis is a Licensed Professional Counselor, a Registered Play Therapist, and a Certified Positive Discipline educator for parents and teachers. She has acquired advanced skills in play therapy to hold the Registered Play Therapist credential. She specializes in treating anxiety, depression, grief and loss, for children and adolescents.

Kelly Gfroerer, Ph.D., LPC, NCC is the Executive Director of the Positive Discipline Association. She has worked as a teacher, school counselor, and educational consultant in the greater Atlanta area for over 25 years. She is a Licensed Professional Counselor with a doctorate in Counselor Education and Supervision from Georgia State University. Dr. Gfroerer is a frequent speaker on Positive Discipline, a Positive Discipline Certified Trainer, and co-author of Positive Discipline Tools for Teachers.



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