



5 sessions on consecutive Mondays

Cost: \$250

** Fee includes course materials (2 books)

Group size limited

Topics Include

- Developing Connection
- How to effectively set limits
- Routines and Structure
- Respect and Validation
- Communication



Helping families achieve balance and harmony

Coach Adina presents Enhancing Motherhood



Enhancing Motherhood is an inspirational and educational series of structured discussions facilitated by Parent and Family Coach Adina Lederer, ACPI-CCPF. Come join Coach Adina and other moms to discuss various aspects of parenting in order to enhance your experience as a mother.

Daytime Series

9:45 AM—11:15 AM

- Monday October 19
- Monday October 26
- Monday November 2
- Monday November 9
- Monday November 16

**Coach Adina
100 East Main Street
Bogota NJ 07603**

For more information or to register

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Web: www.coachadina.com

Adina Lederer is an ACPI CCPF (Certified Coach for Parents and Families) who works with both parents and children to develop more effective skills and strategies in order to deal with life's daily challenges. Drawing on her experiences as a parent, teacher and coach, Adina empowers parents to define and ultimately realize both short and long term goals in order to bring more harmony and balance to her client's family life.