



Each series consists of
5 sessions
Daytime or evening option

Cost: \$225

** 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 10:00 AM—11:30 AM

- Monday April 27
- Monday May 4
- Monday May 11
- Monday May 18
- Monday June 1

Evening Series 8:00 PM—9:30 PM

- Tuesday April 21
- Tuesday May 5
- Tuesday May 12
- Tuesday May 19
- Tuesday May 26

Coach Adina
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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.