



Sojourn: Parenting Toolbox

A multiple session workshop designed to refresh your vision of parenting.

Topics of Discussion

**Building Your Home: Foundations of Parenting
The Blueprint of Child Development
The Mechanics of Discipline
Maintaining a Life of Legacy**

These sessions will encourage you to:

- ⊖ **Enjoy your children more**
- ⊖ **Use effective and non-harmful discipline principles**
- ⊖ **Define expectations & maintain boundaries**
- ⊖ **View “problems” differently**
- ⊖ **Understand your own actions as a parent**
- ⊖ **And more...**

The Parenting Toolbox workshop series provides a fresh perspective on parenting which shifts the experience of parenting from survival to enjoyment!

The ultimate goal of the Parenting Toolbox is to show parents how to be the best parents they can be and pass on a legacy of healthy living.

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