



Be Your Child's Compass Point

Two courses for parents and professionals by

Gordon Neufeld Ph.D.

Facilitated by April Quan

Visit truenorthparenting.ca
for more information and to register

Location: Waldorf Academy
250 Madison Ave (at Davenport)

Making Sense of Anxiety

Four Sunday afternoons March 19th to April 9th

3:00 to 5:15 pm

\$100 single / \$150 couple (sliding scale)

Anxiety is increasing in children of all ages. It can take different forms including avoidance, phobias, panic, and many others, but all share a common root that is revealed when looked at through the lens of attachment. We start by making sense of anxiety, and use that understanding to find and provide solutions.

The Vital Connection

Eight Monday evenings March 20th to May 8th

7:00 to 9:15 pm

\$195 single / \$295 couple (sliding scale)

Attachment, when understood and cultivated, renders our children receptive to being parented. This is the foundation for healthy development. Topics covered in the course include:

- Raising children capable of deep and fulfilling relationships
- Addressing separation problems and anxieties
- Children who dominate instead of depend
- Disciplining in ways that don't divide
- Dealing with resistance and oppositionality
- Addressing the roots of aggression



These video courses were created by internationally renowned developmental psychologist Dr. Gordon Neufeld, a best-selling and award-winning author. His revolutionary yet scientific approach turns parenting right side up, putting parents back in the driver's seat. His book *Hold On To Your Kids* is causing an international stir and is now available in sixteen languages.

For more information about Dr. Neufeld or his approach, visit his website:

www.neufeldinstitute.com



April Quan is a Neufeld course facilitator and parent consultant. She has a Bachelor of Fine Arts, a Bachelor of Education, and is a member of the Ontario College of Teachers. She has been an independent artist, inner city supply teacher, and a teacher and administrator at Waldorf Academy. She is a Certified Grief Recovery Specialist® with the Grief Recovery Institute®. She has two children, now wonderful young men.

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