

Dr. Joanne F. Vizzini, PhD

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Positive Parenting: Timely Tips to Avoid Traps and Trouble

Dates

- April 12: Positive Parenting Overview
April 19: Identifying Traps, Triggers and Trouble Spots...How You Contribute, How Your Child Contributes
April 26: Timely Tips for Avoiding Traps and Triggers: Setting Goals to Make Life Easier and Happier

Time

6-7:15 p.m.

Cost

Individual: \$50 per session
Couple: \$70 per session

Follow up workshops will be offered based on interest. Please call if you are interested in Wednesdays instead. This series draws upon the work of Faber and Mazlish, *How To Talk So Kids Will Listen*, as well as Daniel Amen, *New Skills for Frazzled Parents*. You will learn how to parent positively and will leave with a specific plan designed especially for your family. Dr. Vizzini will also provide one email consultation with you following the conclusion of the series.

Women's Group: Time to Focus on Self-Care

Dates

- May 3: Introduction to Self-Care
May 10: Stress Management
May 17: Relationships
May 24: Putting Yourself First Without Guilt

*Please plan to attend at least three sessions.

Time

6-7:15 p.m.

Cost

\$60 per session

This group will continue after May 24 based on interest and become an ongoing psychotherapy group.

Call 443-831-1948 or e-mail jvizzini@puppettherapy.com to reserve your space!



Dr. Joanne F. Vizzini, PhD, LCPC, NCC is a former elementary school teacher, teaches/supervises at Loyola University & created the Vizzini Puppet Therapy Model© 2001. Her private practice serves youth, adults, and families. Her belief is that healing can happen more quickly in groups. Her successful workshops have been presented at APA & ACA.