

# *Intentional Parenting with Peace and Presence*



Join us for a transformative  
4-week workshop.  
Learn positive parenting skills  
and develop daily practices to  
be a calming presence for  
your family.

- You will tap into your inner wisdom and develop more confidence.
- Your children will benefit from improved communication and effective approaches.
- Your family will experience greater harmony and joy.

For parents of children ages 2-6.

Fee \$200

Bring a friend fee \$175 each

Questions and Registration:

[beth@bethmillerparentcoach.com](mailto:beth@bethmillerparentcoach.com)

Monday Evenings

7:00 - 9:00 pm

10/21 ~ 10/28 ~ 11/4 ~ 11/11

1125 Wilmette Avenue

First Congregational Church of Wilmette &  
Wilmette Community Nursery School

Beth Miller, M.Ed., Certified Parent Coach, has provided support to parents for over 25 years through private coaching, classes, groups and seminars. Parents learn tools to develop confidence and renewed energy.

Sherri Simpson, Certified Reiki Master, is a practitioner and teacher of mindfulness, breathwork, and other restorative techniques that empower others and promote intentional living, peacefulness and wellbeing.