

Who's in Charge?

Parenting from the Alpha Position

Presented by family therapists Colleen and Patti Drobot based on the approach of Dr. Gordon Neufeld



When your child is in charge of the relationship, many problems can manifest in different and varying ways, such as:

- anxiety
- preoccupied with solving problems or running the show
- clinginess
- constant pursuit of your attention
- unable to hear "no"
- refuses to follow your directions or listen to you
- bossiness
- bullying
- aggression/frustration
- behaviour or discipline problems

Even if you are not experiencing these challenges, this workshop is excellent for any parent with children of all ages. In this workshop we will discuss why it is so important that we are in "right relationship" with our children, how being in charge brings our children to rest and can allow the brain to grow and mature, and how we can take charge and be the parent our children need us to be. There are many subtle ways we can lose the 'alpha position'. We will discuss how to identify when we are not in charge and how we can get there.

For more information about Patti and Colleen, please visit: www.drobotcounselling.com.

Date: Thursday, November 15th, 2018

Time: 6:45 pm to 8:45 pm

Location: The NEW Delbrook Centre
851 W. Queens Rd., North Vancouver

Cost: \$45 per person

To Register:

www.drobotcounselling.com

Pre-registration is required as space is limited.



Patti Drobot

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Registered Professional Counsellor (RPC)
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Patti is a registered family therapist and a parent consultant with a private practice in Vancouver and is a Faculty Member of the Neufeld Institute. She has a background in occupational therapy with 20 years experience as both clinician and educator in the areas neurology, psychiatry and community mental health. Patti is a mother of two children.



Colleen Drobot

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Registered Professional Counsellor (RPC)
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Colleen is registered professional counsellor and parent consultant with a private practice in West Vancouver. Her background it is Education and works with many school districts. She is a faculty member of the Neufeld Institute and a mother of two children.