



Jewish Community Center, Sonoma County presents

# Stop "Parenting from Exhaustion"

## Learn How to Recharge

### Refresh and Enliven your Approach to Parenting

WITH RICK CONCOFF, MA, TEEN EDUCATOR & PARENTING COACH

Do you find yourself nagging, whining, ranting and even raging at your children and they still aren't listening?

Do you feel like you are often an "adversary" to your children?

Do you frequently feel guilty about not spending quality time with your children?

Is some form of media addiction infecting or infiltrating your home?

Are you exhausted and without reserves by the time your kids need you?

Do you and your partner find yourselves at odds about parenting approaches?

Do your responses to your children's difficult behavior help or actually feed the problem?

Is your current approach working for you?

**START THE SCHOOL YEAR WITH A FRESH, NEW APPROACH TO PARENTING!  
LEARN HOW TO AVOID THE PITFALLS OF "EXHAUSTED" PARENTING.**

- Empower your children to find their own solutions and make good, rational choices.
- Set the stage for easier parenting during the difficult teen years.
- Effectively advocate for and support your child in getting his/her schoolwork done.
- Replace nagging, whining, shouting, ranting and raging with strategies that actually work.

**Instructor, Rick Concoff, MA** has been educating and guiding children, teens and parents for over three decades. Rick is the Jewish Community Center, Sonoma County's Teen Program Director and Camp Director, a Waldorf teacher, and Parent and Teen Coach.

Visit his website at [parentingpanicbutton.com](http://parentingpanicbutton.com) and watch for his upcoming book,

"You Don't Have to Read this Whole Book to Become a Better Parent."

For more information, [rickc@jccsoco.org](mailto:rickc@jccsoco.org) or 823-3916.

**2014**

**November 5**

**Wednesday**

**7 - 9 pm**

**\$18 per person (partners attend at no charge)**

*Proceeds benefit the JCC Teen program.*

**Register by Oct. 1  
\$20 at the door.**

**Classes meet at  
the JCC office**



Jewish Community Center  
SONOMA COUNTY

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## Reservation Form

Name \_\_\_\_\_

Street \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Enclosed please find a check made payable to the Jewish Community Center, Sonoma County for \$18.00.

### Payment Information

Check (payable to JCC) \_\_\_\_\_ or VISA/MC Amount enclosed or to charge \$ \_\_\_\_\_

Credit Card # \_\_\_\_\_ Expiration Date \_\_\_\_ / \_\_\_\_

Please detach reservation form and return with payment to: Jewish Community Center, Sonoma County