



FOSTERING FAMILY CLOSENESS AND RESPECT

a free community forum for parents

featuring **Dr. Robert Brooks**

What helps families to experience greater warmth, love, and respect and resolve conflicts? In this presentation, Dr. Brooks will highlight several factors that contribute to family closeness and harmony. He will discuss the importance of practicing empathy and unconditional love and of having the insight and courage to change “negative scripts.” He will emphasize the need to establish realistic expectations for our children and to discipline them in ways that promote self-discipline and responsibility rather than anger and resentment. He will also share the significance of families engaging in “charitable activities” in which they contribute to the well-being of others. In addition, he will describe the positive impact of identifying and acknowledging each family member’s “islands of competence” to create the feeling of being appreciated and accepted.

**CLICK HERE
FOR
CONFERENCE
INFORMATION**

Monday, March 30, 6:30 – 9:00pm at Gilford High School

Dinner and Childcare Provided

SPACE LIMITED. CALL 1-800-640-6486

or email us: cfscommunications@cfsnh.org

TO RESERVE YOUR SPOT !