

# ATTENTION STRESSED PARENTS!

***Do You Feel Stuck? Out of Control? Tired?***

***THEN....please join Mindful Health Advantage, LLC for a:***



**This full day retreat is finally a day just for you, as a parent. This is more than a parenting workshop. This is a way to experience parenting in a better way. Rather than reacting out of FEAR, find yourself responding in ways you want to ACT!**

- Leave our workshop feeling energized.
- Enjoy the special moments with your child.
- Get unstuck from old patterns that don't work.
- Find *yourself* again.

**Workshop Presented by:**

**Tina Hanson, M.S.**  
*Board Certified Behavior Analyst*  
*Mindful Health Advantage, LLC*

**Shawna Roberts, Psy.D.**  
*Licensed Clinical Psychologist*  
*Mindful Health Advantage, LLC*

**Friday September 27, 2013**

**9 am - 3 pm**

**at**

**Developmental Disabilities Resource Center**

**11177 W 8th Ave.**

**Lakewood, CO 80215**

**[www.ddrcco.com](http://www.ddrcco.com)**

**To register please contact Dr. Roberts at 303-202-6143 or  
[Shawna@DrShawnaRoberts.com](mailto:Shawna@DrShawnaRoberts.com)**

**If you need to attend for free, please call for agency funding.**

**Mindful Health Advantage, LLC**

**303-202-6143**

**\$150 per parent**

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