

# Riverside Community Care

THE HELP YOU NEED CLOSE TO HOME

## Act, Don't Yak: How to cut the yelling in half at home



With four children born in seven years, Susan Tordella was not the best parent until she learned about positive parenting skills.

Join us in a **free** interactive workshop where you are invited to laugh at stories about her journey from yelling, nagging and punishing to using family meetings, encouragement and mutual respect.

**Date:** February 9<sup>th</sup> from 7:00-8:30 pm

**Location:** Family Support Center, 100 Sylvan Rd, Suite G-800, Woburn

These easy-to-learn strategies will turn down the yelling and turn up the harmony at your home.

You will feel calmer, more in control, and less guilty with Act, Don't Yak (thanks to Dr. Sam Goldstein).

Refreshments will be provided.

**Please call or email by 2/2/2012 to let me know your coming!**

**Contact Information:**

**Jackie Forte**

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About the speaker:

**Susan Tordella** is the author of "Raising Able: How chores empower families." She has led parenting workshops for more than a decade, where she says, "I teach what I most need to learn, and make it fun." Susan raised four children with positive parenting. "They call home often, but not for money," Susan says. Listen to her on Monday mornings at 10:15 am as the Parenting Expert on WCAP 980 Lowell, and occasionally on WBZ radio 1030 during the *Parenting Minute* with Doug Cope. Subscribe to her blog at [www.raisingable.com](http://www.raisingable.com).