

Aware Parenting: an exploration of our emotions



A personal development workshop
led by Aletha Solter, Ph.D.



Sponsored by the Aware Parenting Institute
(www.awareparenting.com)
Attendance limited to 20 people

Date and time: Saturday, June 26, 2010, from 9 am to 5 pm

Workshop description: This workshop provides a supportive atmosphere for you to overcome personal obstacles that prevent you from fully implementing the Aware Parenting approach with children. Through a series of unique experiential exercises, you will have opportunities to explore your emotions and find connections with your childhood. These insights will help you become more patient, empathic, and non-punitive. This workshop is for parents, teachers, and others who are actively involved with children.

Prerequisite: This is an advanced workshop for people who are already familiar with Aware Parenting. All participants must have read at least one of Aletha Solter's books or attended a previous workshop with her (at least four hours). Enrollment is limited to 20 participants who have met these requirements.

Location: Goleta, California (near Santa Barbara). You will receive further details later.

Fee (includes lunch plus snacks and beverages):

\$125 per person

\$200 per couple (living together, sharing incomes, and raising the same children)

Registration and Payment: If you have questions about this workshop, please contact Aletha Solter at solter@awareparenting.com. If you wish to register for it, please use the registration form below and mail it to the Aware Parenting Institute with your payment. (You can also send us the information by email and make an electronic payment through PayPal. Please ask for a Microsoft Word version of the application form.) You will receive a confirmation email after your payment is received. We cannot accept reservations without full payment. There are two payment methods (sorry, no credit cards or wire transfers):

- By PayPal to the Aware Parenting PayPal email account at info@awareparenting.com
- By U.S. check or international money order made out to the Aware Parenting Institute
Address: Aware Parenting Institute, P.O. Box 206, Goleta, CA 93116, U.S.A.

Cancellation policy:

- Before June 1, 2010: You will receive a refund minus a \$25 processing fee.
- After June 1, 2010: You will receive a refund (minus a \$25 processing fee) *only* if there is a waiting list and we can fill your spot.
- If Aletha Solter must cancel this workshop, you will receive a full refund.

Policy on children: This workshop is for adults only. Children will not be allowed to attend.

Lodging: You will be responsible for your own travel and lodging arrangements in Santa Barbara. Please consult the Internet or a travel agent for more information.

**Printable Registration Form for Aletha Solter's advanced workshop:
Aware Parenting: an exploration of our emotions**

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Location: Goleta, California (near Santa Barbara)

Please send this completed form with your payment to the Aware Parenting Institute, P.O. Box 206, Goleta, CA 93116, U.S.A. If you wish to apply by email (and pay by PayPal), please request the email version of this form (in Microsoft Word).

Couples: Please fill out a separate form for each person registering.

You will receive an email confirmation after your registration is received.

Name: _____

Email address: _____

Telephone number: _____

Mailing address: _____

Which books by Aletha Solter have you read? (Please circle yes or no)

The Aware Baby:	Yes / No
Helping Young Children Flourish:	Yes / No
Tears and Tantrums:	Yes / No
Raising Drug-Free Kids:	Yes / No

Which previous workshops by Aletha Solter have you attended? (Please list topics and dates, if possible, for the two most recent ones.)

Dietary preference: Vegetarian, Non-vegetarian, Other (please specify): _____

Please indicate payment method and amount (\$125 per person / \$200 per couple):

_____ I have made my payment by PayPal to info@awareparenting.com

_____ Included is a U.S. check or international money order made out to the Aware Parenting Institute