

# BUILDING HEALTHY RELATIONSHIPS ...

## Mission

To promote full productive lives and healthy relationships among children, families and individuals through responsive home- and community-based therapeutic programs, education and support services carefully designed to meet the unique circumstances of our clients.

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*Cherish those little moments that mean the most. Get out and take a family walk !*

## Upcoming Educational Series

### Parenting with Love & Logic Educational Series

“Parenting with Love & Logic” is a unique approach to parenting that helps to raise children who are self-confident, mature and able to think on their own by emphasizing consequences and taking personal responsibility for their actions. All parents, including foster parents and grandparents would benefit from this informative group. Even professionals who work closely with children can benefit from this information. The format of the sessions consists of short videotaped segments (featuring Jim Fay and Foster Cline describing their parenting approach with humorous and memorable stories), facilitator-led group discussion and practice, and participant discussion of their own experiences and specific issues around parenting.

The next scheduled series is:

**Saturday, September 17 and  
Saturday, September 24  
10:00 a.m. - 1:30 p.m.**

Cost: \$150 per family (includes all materials)

**SPACE IS LIMITED, SO PLEASE SIGN UP NOW!**

### Our Programs

- Adoption & Attachment Program
- Family Life Center
- Case Management Services
- Intensive In-Home Services

For more information, please visit:

[www.autumnleafgroup.com](http://www.autumnleafgroup.com)

## Helpful Parenting Tips



*Summer's almost over! Now is the time to capture those last minute family moments in the sun before the new school year begins*

**The Love and Logic Institute, Inc.** provides weekly emails that highlight effective strategies on positively parenting children. Here are a few tips they shared this year:

- Parents should begin to understand that “consequences provided with anger results in resentment.” Whereas, “consequences preceded by empathy builds personal responsibility.”
- Delaying consequences when your child has misbehaved is okay. Giving yourself time to calm down when you are too angry allows you to think straight and come up with a consequence that includes empathy.
- Parents should “resist the urge” to continuously remind and warn their child of the inappropriate behavior he or she may be displaying. Instead, try replacing those reminders and warnings with actions.

To explore these parenting strategies and others, register for our **parenting with love and logic educational series today (information listed above).**

  
**AUTUMNLEAF GROUP, INC.**  
*...Touching lives and strengthening families*

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Questions or comments? Email us at [info@adoptattach.com](mailto:info@adoptattach.com) or call (703) 658-7103, ext. 301