

screamfree PARENTING

Join us for a FREE life-changing parenting seminar!
(Great for parents of children of all ages!)

Sunday, October 24, 2010

5:00-7:30 PM

Ox Hill Baptist Church

4101 Elmwood Street, Chantilly, VA

Dinner and childcare will be provided!

Dinner: 5:00-6:00 PM

Program: 6:00-7:30 PM

There is no charge, but reservations are required.

Please call the church office at 703-378-5555
or sign up online at www.OxHillBaptist.org.

ScreamFree Parenting is the family systems based approach that is inspiring parents everywhere to truly revolutionize their families. Moving beyond many of the child-centered, technique-based approaches, the ScreamFree way compels you to focus on yourself, grow yourself up and calm yourself down. By staying both calm and connected with your kids, you begin to operate less out of fear and more out of your values, becoming a leader in your family and improving your relationships.



Myra Binns Bridgforth, LPC, LMFT enjoys helping individuals, couples and families to get unstuck and be their best selves. Myra's version of ScreamFree—"The Mindful Parent: Calm, Clear and Competent," is an exciting tool for inspiring parents to be energized, playful and effective in their interactions at home, at work, at church and with friends. She is also a poet, singer, spiritual director and workshop leader. Office: 703-281-4703