

PURPOSEFUL PARENTING

Setting our families up for Value-based Success



3-week Class
Thursdays, Oct 8, 15, 22
6:00pm to 8:00pm



Do you wish you had MORE JOY and LESS STRESS in your family?

Do you want to FEEL CONFIDENT in challenging situations?

Do you want to feel clear and acting in alignment with your PURPOSE as a parent?

Then this class is for you...

In this 3-week class you will learn tools to feel calm and confident in setting your children up for true success and learn strategies for supporting them to grow responsibly and authentically with roots of your family values.

Classes include:

- Interactive learning
- Tools and strategies
- Spiritual context
- Discussion about your own successes and challenges

Testimonials:

- "This class was awesome!"
- "Communication has improved in our family!"
- "I am more aware and mindful."

Location: University Synagogue
3400 Michelson Drive
Irvine, CA 92612

Cost: \$45 for individual or couple
scholarships available

To Register or for More Information:

mary.menninger@gmail.com or (949) 933-0039 or www.ocspiritualcenter.com/youth/

Instructors: Mary Menninger and Vanessa Wenninger

Mary is a Family Life Coach and has been working with youth for many years as a teen group advisor, team mom and high school mentor. Her two children are now young adults. She has a Master's degree in Spiritual Psychology from the University of Santa Monica and is passionate about facilitating positive change for families. She is inspired by family dynamics that embrace teamwork as well as individual authenticity.



Vanessa has happily worked with children and families for the past 20 years. She has fostered childhood learning in various age groups through her work in preschools, after-school programs, the YMCA, and international schools. As a certified elementary school educator she encouraged families of various lifestyle backgrounds to nurture their child's personal and academic potential. She is a trained metaphysical prayer partner and coaches individuals who are seeking to take responsibility and creative control for living their best life. Vanessa believes that we each create the thoughts that create our lives and that life is supposed to be fun!