

# Does Parenting feel like a Battle?



There is  
HELP!

## Private Parent Coaching is Available.

You can benefit from personal coaching if you:

- want to better understand your child/teen's behavior
- sometimes feel out of control, or unsure of healthy ways to respond
- want to learn about setting reasonable expectations and effective limits
- are a parent of a child or teen with a challenging temperament
- feel that you need help balancing love and limits
- want to increase your confidence and your parenting skills

**End  
the  
Battle!**

With 30 years of experience in education and counseling, Joan Schenker provides private consultation to parents of children in preschool through the teen years. Call today for more information and to schedule your one hour session: 412-366-1300 Ext. 118



**Anchorpoint**  
Counseling Ministry

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