



CelebrateCalm™

with America's Calm Coach, Kirk Martin, and his son Casey

A FREE WORKSHOP FOR PARENTS AND MIDDLE SCHOOL STUDENTS

MARCH 27, 2017, 7:00 PM – 9:00 PM

SESSION FOR MIDDLE SCHOOL STUDENTS

WITH CASEY MARTIN

Guerin Catholic HS Cafeteria

YOU ARE THE ONLY PERSON IN LIFE WHO YOU CAN CONTROL. IF YOU CONTROL YOURSELF, THEN YOUR PARENTS DON'T HAVE TO NAG YOU ANYMORE!

At a special session just for middle school students, Casey Martin will show you how to:

- Earn trust with parents/teachers by taking responsibility for yourself.
- Handle peer pressure with other students/siblings
- Improve communication with parents, teachers, and friends.
- Improve focus, attention, and motivation in the classroom and at school.
- Work with a teacher who you may feel “doesn't like me.”
- Handle anxiety before tests and blurting out in the classroom.

At the end of Casey's session we will have current Guerin Catholic students relay their experiences and best practices.

SESSION FOR

PARENTS

OF CHILDREN OF ALL AGES

WITH KIRK MARTIN

Guerin Catholic HS Media Center

STOP DEFIANCE, DISRESPECT AND YELLING!

At a session for **parents of children of all ages**, Kirk Martin will provide concrete, practical strategies to:

- Get your kids to listen the first time.
- Stop defiance, meltdowns, tantrums and arguing.
- Improve focus, attention, executive function, and organization.
- Get kids off video games / screens without a fight.
- Create stress-free mornings, homework time and bedtime.

FOR MORE INFO, VISIT

www.celebratecalm.com



Guerin Catholic High School

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