



SIMPLY BEE



STOP THE GUILT: A GUIDE FOR PARENTS TO LEAD WITH LOVE & BOUNDARIES

In this presentation, Jennifer McAdams, LCPC, CEDS-S joins Fremont parents to discuss how to support kids through emotional validation, compassion and positive boundaries. Borrowing from Emotion Focused Family Therapy (EFFT), this presentation will empower parents to lean on proven strategies in order to let go of guilt and foster a caring environment where their child feels emotionally safe and supported.



January 21st
6:30-7:30 PM

OBJECTIVES:

- ✓ Learn how to identify the “Big 4”: thoughts, emotions, physical sensations & urges
- ✓ Understand how to identify and validate emotions with loved ones
- ✓ Empower parents to define and set healthy boundaries with their child
- ✓ Demonstrate how to apply tangible techniques from EFFT with a child struggling with difficult emotions

PRESENTED BY:

Jennifer McAdams, LCPC, CEDS-S
Simply Bee Counseling
Executive Clinical Director

