



ROSARIO COUNSELING & ASSOCIATES, PLLC

Intentional Living Workshops

6:00 pm – 7:30 pm

2nd Monday of Each Month

RSVP Friday Prior to the Workshop 919-649-5882

Seating is LIMITED



Beth Holloway, MA, LPC

Monday, August 10, 2015

The Journey from Middle School to High School

This group is designed for parents and caregivers of pre-teens and teenagers. In this group, you will learn how to help your teen remain true to themselves, discover their strengths, verbalize their needs, developed appropriate relationships with the opposite sex and face anxiety producing situations with courage and kindness.



Monday, September 14, 2015

Launching Your Child and Letting Go!

In this group, we will focus on parenting young-adult children transitioning from high school to college and beyond. Come and learn ways to help your adolescent set boundaries while in college for safety, success and relational connection. We will focus on building strong parent and child relationships, establish realistic expectations and responsibility in school. We will also discuss the 'Boomerang Effect' when adult children return home.



Monday, October 12, 2015

My Parenting Style & Family Values

This group is concerned with identifying your parenting style, co-parenting skills, step-family issues, effective discipline tools and showing the child you care so they feel it, receive it and grow because of it. We will identifying the 5 love languages of family members.



Monday, November 9, 2015

Overcoming Anxiety & Depression

This group will provide practical ways to decrease negative feelings and stress during the Thanksgiving and Christmas season. We will explore ways to develop gratitude, communicate our thoughts, feelings and needs to our immediate family, close friends and extended family to increase ease and joy.



Monday, December 14, 2015

The Gift of Myself

As another year comes to an end, you would greatly benefit from a workshop focused on celebrating your victories and writing your personal Mission Statement for 2016. Our past is part of who we are but it does not have to hold us back from letting our lives speak or from discovering the true gift we are to our loved ones and our community.



**Mark your
Calendar**

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& Associates

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