

LIFE Seminars

Living In Families Effectively



Hello and welcome to Sidestepping the Power Struggle. I'm really looking forward to our classes. The LIFE courses have a profound, positive impact on families. If you have any questions about the courses, please email me: allisonrees@shaw.ca.

Please mark the course dates in your calendar for your class starting on Tuesday Evenings, 7:00 to 8:30 beginning Feb. 21st/23, and running for 8 weeks.

I encourage both parents to take these courses, even if you are separated. We can't rely on how we were parented; this is education that everyone benefits from, especially our children. Get in the same chapter!

You will receive a handout at the end of each class. This gives you a booklet on each chapter so note taking isn't necessary.

YOUR RECURRING ZOOM LINK:

Allison Rees is inviting you to a scheduled Zoom meeting.

Topic: Sidestepping the Power Struggle

Time: This is a recurring meeting Meet anytime

Join Zoom Meeting

<https://zoom.us/j/93587620975?pwd=aYxM3IrdXZXZjFWL0ErZEtzcXRuQT09>

Meeting ID: 935 8762 0975

Passcode: 272475

General Zoom Guidelines:

- Please participate fully; it supports learning and connection if we can see each other's faces, please join the call via video if you can. We understand that some folks have unstable internet, and video may not be possible for everyone.
- If you have to tend to children or something distracts you, please turn off your video briefly, so others aren't distracted.
- Parent education is adult information. Consider wearing headphones if you can, &/or attending from a closed room, so you have privacy, focus, and can take this time for yourself.
- Use the chat format to pose questions during the lecture; the moderator will read out chat questions so the facilitator can answer live. Questions may also be redirected to the discussion groups.

- If there is an option to ask questions aloud in the large group, please use the "raise hand" notifier in zoom so the moderator can see you have a question (if your kids can hear you, please use the chat format instead).
- Please note that the course leader is managing time and not all raised hands or questions can be accommodated.

Discussion Group Guidelines:

Being part of an educational group is a shared experience that requires awareness of group protocol. To create an element of safety, we have these suggestions:

- Stay on task with the material at hand rather than jumping ahead and trying to solve problems too soon.
- Be open to learning so that you can become your own expert.
- Participants are asked to resist the urge to give each other advice.
- Keep your sharing to the point and avoid story telling.
- There are very few pat answers when it comes to parenting, work week to week and you will get a lot out of the course.

To get the most out of this course, show up every week. Take the time as soon as you can to read the handout provided.

Hopefully you have taken some time to look through our website to get a sense of the LIFE philosophy.

You can also go on our Facebook page which has mini-clips about various subjects.

<https://www.facebook.com/lifeseminars/>

Dr. Allison Rees and Team