



# Invite Anchorpoint to come to you...

Call us at 412-366-1300 to schedule a workshop at your location. Dynamic relationship and parenting workshops hosted at your location and facilitated by an ACM Counselor. The cost per workshop is only \$115 due to our generous supporters. \$300 for three workshops. \$500 for six workshops. Mix & match Relationship and Parenting topics to suit your group's needs. Visit our website for more information on sponsoring and hosting a workshop. [Anchorpoint-CounselingMinistry.org](http://Anchorpoint-CounselingMinistry.org) (Click on the Education & Support Tab)

## Relationship Workshops

Learn how to set boundaries and gain tools and strategies to enjoy healthy relationships that thrive.

### For Married Couples

- The Purpose of Marriage: Happiness or Holiness?
- Learning to Communicate 1: Recognizing and Reciprocating Positive Sentiment
- Learning to Communicate 2: Solving the Solvable
- Learning to Communicate 3: Understanding the Unsolvable
- Who is This Person? Learning to Love Who You Married, not Who You Thought You Married
- The Marital Team: Getting on the Same Page When You Feel Like You're Not Even Reading the Same Book
- Blended Families: How They Are Unique: Why it Matters
- Sex, Money, and In-laws: Things We Fight About Most and How It's All Related
- Taking out the Trash: Marital Habits to Kick and How to Kick Them.
- When the Honeymoon is Over: Replacing the "Room-Mate Syndrome" with Romance
- Gettin' Better All the Time: Making a Good Marriage Great

### For Singles

- You Can't Marry the Man (or Woman) without Getting the Family too
- Why is Dating so Hard? Navigating Cultural Detours
- Red Flags in Dating: How Rose-colored Are Your Glasses?
- Dating as a Single Parent
- How to Avoid Falling for a Jerk (or Jerkette) - 6 week workshop

"This workshop provided a friendly place to learn how to love your spouse better."

"I honestly didn't know the skills to save my marriage--or if it was worth saving--before this class!"

"I learned positive ways to address and handle the many challenges of marriage."



## Parenting Success Workshops

**Raising a child can sometimes be difficult. We can help.** Parents will make connections, share strategies on what is and is not working for them, and learn new skills to support positive parent-child relationships. Hosting one of these workshops is a wonderful opportunity for parent groups, churches, schools, scouts and youth leaders to equip families to journey through life's parenting pressures and transitions.

### Featured Parenting Workshops

(Can be adapted to various age groups)

- Raising Responsible Kids
- Combating Overindulgence with Gratitude
- Bully-Proofing Your Kids
- Key Developmental Building Blocks for Children
- Blocks for Raising Resilient Children
- Selling Kids Out: Body Image and the Media
- The Family Connection & Managing Conflict
- Understanding the Social Life of 10-15 Year olds
- The Teen Brain: Dangers and Opportunities
- Who's in Charge? Boundaries with Teens
- Managing Screens & Technology in your Home
- The Family Economy: Chores & Allowances



"Our situation has calmed down greatly and I do utilize skills/actions that you shared. I will always remember your kindness and compassion."

"I feel grateful that Anchorpoint was there for me during those years when my children were so young and I needed support with my parenting skills."

### Supporting Kids with ADHD

Equip your teachers, Sunday school staff, and child care providers with the tools for making positive connections to support children with ADHD.

"As a high school teacher we are usually well informed when a student has been diagnosed and has an IEP. Many, however, fall through the cracks and go undiagnosed. This experience helped me to better see the signs of ADHD on my own and what to do once I see them regardless of an 'official or professional' diagnosis."