

PARENTS!

- Is it hard to get out of the house on time in the morning?
- Is it a challenge for your student to get things done?
- Is your child glued to their electronics?
- Are you tired of nagging?

If you answered yes to any of these questions, this class is for you.

Mastering Strategies to Help Your Child Develop Executive Function Skills

Time-management Organization Planning

Friday, May 3rd 1:00-3:00

Deschutes County Library,
Downtown Branch, Brooks Room

\$40.00 per person
*will be collected in advance of the class
(Children attending with parent are free)*

What is included:

Two hours of professional instruction and a take-home folder with worksheets and additional on-line resources.

"Sara's Tool Kit" will be for sale at the end of the class. This includes the external tools we will discuss, and the links to further tools not included in the kit.

SIGN-UP @ www.sarawiennerconsulting.com

or call Sara at 541-420-4961

Please sign up ASAP as space is limited to 20 participants.



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SARA WIENER, MSW, M.Ed.

As an experienced social worker, educator, and certified Executive Functions instructor, I work with young people and their families from all walks of life.

My classes are geared towards helping you and your child develop the essential skills for overcoming organizational and time-management challenges. Mastering these "executive functioning skills" can make life a whole lot easier.



"Sara's classes offer practical and fun tools for time management. They've helped my son make a game out of prioritizing tasks. And as a bonus, I've learned a lot too!"

- Nelson Mathews, father of 13-year-old middle school student, Theo