



Parenting kind of crazy?

We all have moments in parenting when we're not sure we can keep up. If you'd like support to learn some vital skills to address the ups and downs of parenting, join the **Sane Parenting Challenge**.

The challenge is facilitated by Amy Phoenix – a mom of five, meditation facilitator, parent educator and author of Force Free Parenting.

Learn more and begin the challenge at

www.presenceparenting.com