

APRIL 29, 2017, 3:00-4:30 PM
BLOOMINGTON COVENANT CHURCH

EMOTIONAL INTELLIGENCE

*A PARENTING SEMINAR
BY AMANDA NEPHEW, LMFT*

Come learn about dysfunctional vs functional stress, staying emotionally healthy in your own relationships and/or marriage, creating an emotionally safe family culture and looking at red flags of anxiety and depression. We all have space to learn how to better identify and handle "big emotions" and the more we understand ourselves, the more we can help our children.

Amanda Nephew is a Licensed Marriage and Family Therapist who is in private practice in Lino Lakes and Blaine as well as serves as an Adjunct Professor in the Psychology Department at University of Northwestern- Saint Paul. She has over 12 years of working therapeutical with adolescents and now focuses on couples and family therapy in her practice.

* Childcare provided for a suggested \$10 donation
per family