

Moms' Discussion and Lecture Series 2011-2012:

Sponsored by The Slutzky Parenting Center

Self Improvement Workshop: A Two Part Series

Geared toward mothers with kids ages 0-10

Who Am I Now?

&

The Strong Emotions of Motherhood

Rita Desnoyers-Garcia

Coach & Mentor

Thursday November 17th, 2011 9:15-11:00

Part One: "Who am I Now?" Motherhood and Loss of Sense of **Self**

Thursday January 19th, 2012 9:15-11:00

Part Two: Strong Emotions and Motherhood

RSVP to nurserydir@ohebshalom.org

Both Workshops will allow mothers to explore the demands that rearing kids puts on moms, and how to deal with the emotions of **anger, guilt, fear** that plague us when we're presented with the demands of motherhood. The workshop is aimed at working through these emotions and being able to access the **calm, inner peace and happiness** that is yours.

Speaker Rita Desnoyers-Garcia:

Rita has spent more than 20 years helping people reach their potential. Someone with incredible passion for her field, she uses a method that she employed in her own life when switching gears and seeking to enjoy her life more, despite the stresses children and family put on her. She spent 10 years as a social worker and now as a coach and mentor of mothers. She leads regular workshops and classes on finding peace and joy in life as well as examining a set "beliefs" and our inner selves.

Often there is a "story" that you have decided your life is about, and it is a self fulfilling prophecy, living your life by assumptions. Once you challenge these notions and are aware of them, you are able to write a new script. She will give you time tested techniques for finding more joy and appreciation for the gifts around you. She is the author of "[Extraordinary Abundance](#)" the book and the blog.