



## Parent Effectiveness Training

Dr. Thomas Gordon's, Parent Effectiveness Training (P.E.T.) class is the pioneering program that has helped millions of parents around the world. We have classes offered by certified P.E.T. Instructors throughout the country and in many different countries.

Whether you're the parent of a toddler or a teenager, you know that parenting can be challenging--even overwhelming at times. Unfortunately, children don't come with an instruction manual. And, being a parent doesn't always mean that you automatically or instinctively know what to do.

Parent Effectiveness Training (P.E.T.) offers proven communication skills that really work. When they use these skills, parents are amazed with the dramatic improvement both in their families and in all their relationships. This program was created by award-winning psychologist and three-time Nobel Peace Prize Nominee, Dr. Thomas Gordon in 1962. A major revision of the P.E.T. program was completed in July, 2006 with up-to-date examples, new content and more.

You, too, can learn these communication and conflict resolution skills through Dr. Gordon's P.E.T. program, taught by your certified P.E.T. instructor, Sue Kruszewski.

Are you a new parent?

Has your child hit the  
"Terrific Twos" or  
"Tremendous Teens"?

Do you need guidance in  
parenting?



Parent Effectiveness  
Training™ works!

Reserve your spot now!  
Register online today!

The Family Zone

[www.stuff4families.com](http://www.stuff4families.com)

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The Family Zone



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Parent Effectiveness  
Training™





# Parent Effectiveness Training™



## What You Will Learn

- \* You will learn how to talk to your children so that they will listen to you.
- \* You will learn how to listen to your children so they feel genuinely understood.
- \* You will learn how to resolve conflicts and problems in your family so that no one loses and problems stay solved.
- \* You will learn a method for troubleshooting family problems and knowing which skills to use to solve them.

## How the Program Works

This intensive, proven program is taught only by instructors certified by Gordon Training International. The P.E.T. class consists of brief lectures, demonstrations, workbook exercises, practice exercises, some homework and small group discussion.

Each class participant will receive a set of P.E.T. materials which includes the 30th anniversary edition of the P.E.T. book, a P.E.T. Workbook, a Participant Certificate and a copy of Dr. Gordon's Credo. This is an 18 - 24-hour program and the schedule depends on the individual P.E.T. instructor.



Courses offered in and around all areas of the city. Have a group and a location in mind? I can come to you. Call Sue @780.490.1048 for more information and to book your course.



## Class Schedule (8 Week Course)

Dates	Dates
January 4 - February 22	April 8 - May 27
January 14 - March 18	April 13 - June 1
January 26 - March 16	April 24 - June 5
March 1- May 3	May 5 - June 23

Sessions run from 6-9pm and are held at The Family Zone, or alternate location.

## Fee Schedule

### 8-week Course

Early bird by December 31 just \$299 single; \$549 couple

After December 31, \$399 single; \$749 couple

### 3-class Crash Course

Early bird by December 31 just \$149 single; \$249 couple

After December 31, \$199 single; \$349 couple

## How You and Your Family Will Benefit

- \* Your children will feel free to discuss their problems and concerns with you instead of withdrawing.
- \* They will learn self-discipline, self-control and an inner sense of personal responsibility.
- \* You will learn how to work with each other instead of against each other.
- \* You'll experience fewer angry outbursts and more problem-solving.
- \* Everyone can participate in rule-setting so all will feel motivated to comply with the rules.
- \* Fewer power struggles--less tension, less resentment, more fun, more peace, more love.



*I know this course works! My husband and I took this course 14 years ago and have used the strategies consistently. We have continuously received compliments from perfect strangers and from family members on how respectful and well-behaved our kids are.*  
Sue K.