

# THE STEPMOM PROJECT WORKSHOP SERIES

This 3-session program will provide three things every stepmom needs: knowledge, strategies, and support for navigating your stepmother role.

Topics include: stepfamily dynamics, discipline, and effective communication strategies.

Space is limited to 6 participants.

Presented by Elizabeth Mosaidis, Stepfamily Foundation Certified Coach and Author of *The Stepmom Project*.

**Dates:** Wednesdays June 7, 14, and 21 from 6:30-7:30 pm

**Location:** Southeast Regional Library

**Cost:** \$54 (Includes book!)



To register, visit  
[www.TheStepmomProject.com](http://www.TheStepmomProject.com)

## Walk away with:

- A better understanding of stepfamily dynamics
- Tools for dealing with common stepfamily issues
- Concrete ideas on how to approach discipline, rules, and expectations
- Effective strategies for communicating with your spouse and stepchildren