

The Chabot PTA is pleased to sponsor the upcoming parent education event. The presentation will be held during the first hour of the regularly scheduled PTA meeting, on Thursday, March 19th from 6:30 to 7:30 p.m. in the Multipurpose Room on the Chabot campus at 6686 Chabot Rd, Oakland, CA 94618. The final half hour of the meeting will include PTA business.

CHABOT ELEMENTARY
OAKLAND UNIFIED SCHOOL DISTRICT • HOME OF THE BOBCATS



PTA MEETING

Tired of Being the “Mean Mom (or Dad!)?”

**Bring Back the
Passion to Parenting!**

with **Dr. Lara Honos-Webb**

Thursday, March 19th
6:30 to 7:30 p.m.
Multipurpose Room
Chabot Campus
6686 Chabot Rd
Oakland, CA 94618



If you feel like parenting can be a chore, you’re not alone. Too often, the joy of parenting can fall by the wayside as we work to meet the multiple demands of family, work, and home. Not only does this mindset make parenting less fun, research shows that it can negatively impact our child’s behavior.

Dr. Lara Honos-Webb will be leading a parent workshop to show us how to bring the passion back into parenting. Dr. Honos-Webb’s has been featured in *Newsweek*, *The Wall Street Journal* and on national radio and television. She is an award-winning author and parent educator. She is also a specialist in ADHD in children and has written the book, *The Gift of ADHD*, which is on the recommended reading list of the American Psychiatric Association.

The workshop will be a fun, interactive opportunity where we will learn practical strategies to bring joy, passion and humor into our everyday parenting.

This event is open to the public and child care is provided. To indicate your need for child care, please follow this [LINK](#). You will receive an email confirmation prior to the event.