

Acceptance and Commitment Training Workshop for Parents



The University of North Texas Contextual Psychology Research Group presents a free, half-day ACT for parents workshop

- Find out ways to improve your relationship with your child and deal with the difficulties and stressful situations that arise in parenting.
- Learn strategies on how to be more mindful, present, and accepting of your child in an environment where you can connect with other parents and friends in your community.

Our speaker will be Amy R. Murrell, PhD, professor of psychology at University of North Texas

**Saturday, December 3rd from 9:00 a.m. to 1:00 p.m.
at Holy Covenant United Methodist in Carrollton**

This workshop is part of an ongoing research study through UNT. We ask that you participate in the form of online questionnaires prior to attending the workshop. Please contact us at actpworkshop@gmail.com to sign up for the workshop and for information regarding the study.