



# Community Parenting Education Series



presents **Jim Lobdell**

## **The Well-Balanced Child : Avoiding Stress and Over Scheduling**

Children today live in a culture that is increasingly characterized by a “more is better” and “earlier is better” mindset. This fast-paced existence for kids too often places them under undue pressure and stress. In this presentation, explore the unique demands placed on children’s time today and how this can have unintentional but damaging effects on children. Discover simple ways your family can counter the fast-paced culture without sacrificing achievement while still allowing your kids to be kids.

**Thursday, November 3rd • 7 PM**  
**St. Martin of Tours School • 200 O’Connor Dr. San Jose**

The St. Martin of Tours Community Parenting Education Series is produced by St. Martin of Tours School. The series presents nationally recognized speakers on topics related to the development and growth of children from kindergarten through young adulthood.

Follow the Saint Martin of Tours Community Parenting Education Series on Facebook.

Tickets may be purchased online by going to:  
<http://www.stmartinsj.org/> and clicking on the ‘Parent Ed Series’ link

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### **The Well - Balanced Child : Avoiding Stress and Over Scheduling**

I look forward to attending the presentation. Enclosed is my check for:

\_\_\_\_\_ Early Bird – postmarked by 10/24/11 - \$7.00      \_\_\_\_\_ After 10/24/11 - \$10      At the door - \$12

Checks payable to: St. Martin of Tours Development

Mail to: St. Martin of Tours School - Development Office, 300 O’Connor Dr., San Jose, CA 95128

Please send me information on the entire speaker series.

Name: \_\_\_\_\_ Email: \_\_\_\_\_