

# Mother & Me

*Creating, Communicating, Caring*

A WORKSHOP SERIES

## **Workshop I – *Creating***

In this introductory workshop, Marlene explores the variations of the most primal relationship between human beings: mother/child/mother. Regardless of the quality of the relationship you have with your mother or you have with your children, this inspirational and interactive workshop will shed light on how the quality of that relationship can always improve using the techniques learned in this class.

## **Workshop 2 – *Communicating***

The creative process continues as Marlene guides you through the fundamental principles of clear and effective communication particularly in this often emotionally charged association. Apply these principles to all of your communications, relationships, and particularly to any carrying baggage from the past. You will learn how to enjoy the bond between you and another person, particularly as a mother or with your own mother, or you're your mother-in-law. Enhance every relationship with clarity of purpose, understanding of intent, and positive emotion which you will be able to communicate more effectively after taking this workshop.

## **Workshop 3 – *Caring***

Caring for and about each other is the basis for any good relationship, and is always present in the mother/child/mother paradigm whether it's obvious, or not. Whether your mother was a "good" mother, a "bad" mother, or an "absent" mother, the element of caring is always present. Even if it's expressed in feelings of guilt because you don't think you care about each other. Marlene examines the dynamics of abuse and abandonment, and nurturing and loving from an entirely new perspective. If this third element is missing in your primary relationship, learn how to restore it for your own benefit, your children's benefit, as well as your mother's.

## **Marlene's Interactive Methods:**

A brief discussion of the principles

- Anecdotal stories
- Questions and Answers
- Sharing
- Guided Image Visualization

## **Series of 3 Workshops – Mother and Me**

Thursday March 27 – *Creating* ❁ Thursday April 10 – *Communicating* ❁ Thursday April 24 – *Caring*  
7:30 PM – 9:30 PM ❁ Single workshop – \$20.00 ❁ All three workshops – \$45.00 Advance Order – \$55.00 At the Door  
Sign up now for this informative, inspirational, and interactive series on "Motherhood, the Basis of the Basic Relationship"  
Call Marlene: 905-796-0101 ❁ Toll Free: 1-866-457-5368 ❁ E-mail: mgeorge@marlenegeorge.com