



# The Parent's Path

*Coming Home to Self, Intention, and Passion*

Presented by Lynn Tienken and Debbie Lacy

**January 22, 2015 – 7pm**

Mark Twain Library

General Membership PTSA Meeting

No cost. No registration required. No childcare provided.

There's no end to the distractions and the fast pace of our lives. So many things can take us away from ourselves and the things we want most for our families.

In this talk for parents, Lynn Tienken, MS, LMHC and Debbie Lacy, MSW share their ***Conscious Wise Parenting*** approach for helping parents stay connected to themselves, their children, and their heartfelt desires.

Lynn and Debbie believe that when we "turn down the noise" of stress and unhelpful internal dialogue, we increase our ability to access our unique strengths and intuition. And from that centered place, we can handle the everyday conflicts and challenges that happen with more confidence and ease.

- Learn to identify what triggers and disconnects you from yourself and your true intentions.
- Practice the power of intentions: how to set intentions for practical daily use
- Reconnect with the passion of your sacred parenting journey by identifying and strengthening the desires and values that are closest to your heart.



As a family therapist and parent educator in schools and in the community for 30 years **Lynn Tienken**, MS, LMHC enjoys helping parents and couples find their own moments of deep sharing, intuition, and creativity. Being the mother of two sons and "grammie" to their children, she takes delight in the play and questions that arise in the lives of her grandchildren.



**Debbie Lacy**, MSW, started her life coaching practice in 2003 after a career in social psychology research, clinical social work, and nonprofit management. Debbie works intuitively with individuals desiring change. Her work centers on building clarity, trust, and self-compassion. Debbie and her husband are the proud parents of a 3-year-old son.