



THE CENTER FOR
YOUTH & FAMILY
SOLUTIONS
cyfsolutions.org

FOR IMMEDIATE RELEASE

Contact: Meg Murphy
Director of Marketing & Communications
Office: (309) 323-6619
Cell: (309) 264-7477
Email: mmurphy@cyfsolutions.org

FREE “LOVE & LOGIC” PARENTING SEMINAR TEACHES FAMILIES TO FIND THE HUMOR

January 31, 2013

BLOOMINGTON, Ill- In today’s fast-paced and technology driven society, parenting can be more difficult and overwhelming than ever before. Whether you have a toddler or a teenager, the stress of raising a responsible and successful child can start to drain even a model parent. To combat these self-defeating beliefs and help build a supportive community, The Center for Youth and Family Solutions is offering the “Love & Logic” Parenting Seminar to residents of Bloomington-Normal and surrounding communities on February 4 from 6-9 p.m.

The “Love & Logic” Parenting Seminar teaches families to focus on the rewarding and fun aspects of parenthood, rather than the stressful and chaotic. CYFS staff will provide practical tools and techniques that help parents achieve respectful and healthy relationships with their children.

Parenting can be fun and effective, if viewed in the proper mindset. This seminar will use humor, hope and empathy to build upon adult-child relationships, while teaching parents to provide limits in a loving way. Parents will also learn how to teach consequences and healthy decision-making, a concept many parents in today’s society struggle with.

More information on the “Love & Logic” technique can be found at www.loveandlogic.com.

The seminar is free and open to the public, and held at the CYFS office at 502 S. Morris Ave in Bloomington. For those hoping to attend, an RSVP is required at (309) 820-7616.

The Center for Youth and Family Solutions is a not-for-profit social service agency providing strength-based, family-centered social services to youth and families in need throughout Central Illinois. These services include foster care services, child abuse prevention, crisis response for runaways and their families, adoption services, intervention and education with at-risk youth, counseling services for individuals and families, mental health crisis response and community advocacy programs. CYFS has eleven offices across the state of Illinois, and serves over 20,000 individuals annually.

###

For additional information on The Center for Youth and Family Solutions, visit www.cyfsolutions.org or contact Meg Murphy by phone at (309) 323-6619 or by email at mmurphy@cyfsolutions.org.