



Insight Therapeutics, Inc.  
HEALING FROM WITHIN.

## Parenting the Love and Logic Way™

A six session parenting program designed by the Love and Logic Institute

### Learn how to:

- ❖ Avoid un-winnable power-struggles and arguments
- ❖ Stay calm when your kids do incredibly upsetting things
- ❖ Set enforceable limits
- ❖ Avoid enabling and begin empowering
- ❖ Help your kids learn from mistakes rather than repeating them
- ❖ Raise kids who are family members rather than dictators  
and much, much more!

**This parenting program is designed to give you practical skills that can be used immediately!**

**Dates/Times:** Rolling admission – Groups will be scheduled based on the participant availability. As 3 or more families register through intake, the facilitator will contact the interested families to schedule the specific dates and times. Typically, sessions are scheduled weekly, and there are 6 sessions total, two hours in length.

Note: If needed, participants can make up one session free of charge, additional make up sessions are \$40/session.

**Location:** Insight Therapeutics, Inc. at either the Northbrook or Winfield location

Northbrook: 350 Pfingsten, Suite 110, Northbrook, IL 60062

Winfield: 27 W. 140 Roosevelt Road, Suite 205, Winfield, IL 60190

**Cost:** \$120 per person/\$180 per couple for all six sessions (not per session!)

If a family would prefer to complete the class individually with a facilitator, this is done as family therapy, and managed care WILL be utilized. In a class format, we do not bill managed care/insurance.

**Need a refresher? Repeat any sessions in the future for FREE!**

**MAXIMUM OF 8 PARTICIPANTS PER CLASS, CLASSES FILL QUICKLY!**

**Follow Insight Therapeutics on Facebook for updates regarding our programs and services!**

*TO REGISTER or with questions, call our intake department at (847) 800-9347 ext. 1*

*Facilitators of the Parenting the Love and Logic Way™ curriculum are not employees of the Love and Logic Institute.*