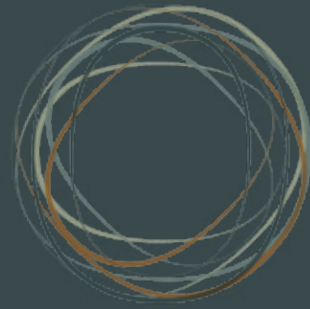


The Lovett Center Presents:

# Holiday Planning for Stepfamilies, Single Parent Families, and All Families (Increase the Joy and Decrease the Stress!)



## All Families Have Challenges at Holiday Time. Let This Year Be Different!

- Discover a flexible and easy step-by-step, proven method to plan and prepare for any holiday or vacation time that is individual to each family.
- Have great memories and feel good about your time together instead of exhausted!
- Create Holidays that are relaxing AND leave no one is stuck alone in the kitchen cooking or cleaning up.
- Change the patterns that create extra tension and anxiety between family members.
- Move out feeling guilty, frustrated, or in lack, so you can experience the best of every season.
- Manage stressful transitions or exes that up the ante at holiday time.
- Moms and Dads welcome. Questions welcome!
- If you share custody, enjoy your holiday even when your children are not with you.

Tuesday, 11/17/15,  
7pm - 9pm

*\*Please RSVP by 11/14/15*

or

Saturday, 12/05/15,  
10am - 12pm

*\*Please RSVP by 12/03/15*

at

The Lovett Center  
900 Lovett Boulevard  
Houston, Texas 77006

by

Author, Coach, and Parent,  
Jayna Haney, MS



Jayna Haney is the founder of The Bridge Across for Single Parents and Stepfamilies.

She is also an LPC-Intern with The Lovett Center and is supervised by Mary Lou Shackleton, LPC-S.

Register at 713-470-9878,  
ext. 703

**\$40 per person, \$60 for two**  
**Bring a friend or spouse!**

*\* Fee reductions available*

