



PARENTING AND THE USSD PROGRAM

HANDS-ON WORKSHOP April 14th @ 7:00 – 8:30pm

As parents we are willing to do anything necessary to provide the best for our children. We must act as mentors and leaders. However, sometimes this can be difficult because we might not have had the greatest example to follow. So who can help us? Things are different today. We are a society of "instant gratification" where it can be easy to lose sight of how to be an effective parent. So we want you to experience a hands-on workshop about how our ancient methods of modern day achievement apply to more than just physical movement. Our Kempo system is full of philosophy relevant to today's world and is followed by several ultra-successful people. These philosophies have contributed to healthier family lifestyles, stronger financial positions, and more positive relationships.

We **INVITE and ENCOURAGE** USSD and NON-USSD parents to join us for a **VALUABLE** and **FREE** experience to learn how our program positively contributes to your family's development. Come view parenting from a different perspective. This workshop is about new ideas and aims to enlighten us on how we can provide the most positive direction for your children, together.

This Interactive workshop will be led by two members of our USSD student family and certified professionals in the fields of parenting and life coaching; Sepideh Yeoh, mother of two USSD students, and Jeff Appell, USSD adult student and parent, and will include such topics as:

- ***Building Children's self-esteem...***
- ***Solving "Family" problems...***
- ***Communicating clearly and openly with your child...***
- ***Utilizing "Teachable" moments...***
- ***Mindful Breathing and progressive relaxation exercises...***
- ***Objective Third Party Reinforcement from your instructor...***
- ***Utilizing the USSD System as a developmental tool instead of as a reward.***

THIS IS NOT A KARATE CLASS. It is a parenting workshop involving parents who wish to gain more insight on how the USSD Program can reinforce the same values we teach our children at home, but that is lacking in other institutions like school and sports. Lets grow together!!

Sincerely, Your USSD Parenting Team

Jeff Appell is a licensed Psychologist and Marriage and Family Therapist. He teaches at Oak Park High School and Cal State University Northridge. Jeff has a small part-time private practice specializing with children and families in both relationship and education issues. Jeff has been a USSD student since January 2007.

Sepideh Yeoh is a certified Life and Career Coach in Oak Park. Her private practice is dedicated to helping clients find life balance, develop focus and clarity, set and achieve goals, conquer fears and find

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passion. Her philosophy is that we have all the tools and the answers within us. Sepideh's children have been USSD students since October 2008.

PLEASE RSVP with Mr. Brandon Lambert or Eric Perlman before April 1st so we may plan for refreshments and materials accordingly. This FREE Event will be Wednesday, April 14th from 7:00 – 8:30pm. Friends with Children are also welcome.

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