

Dr. Amy

## Hello Friends,

On Monday, I'll be going live on Facebook to answer some questions about my upcoming, free webinar, and talk to you about all of the overwhelm you're facing right now as parents

The free webinar will cover a host of things, but here's a peek at "Back on Track: The Parenting Reset You Need to Find This Fall's New Normal".

Here's what we're going to cover:

The top things to keep in mind in the middle of big change  
What to focus on with your kids so you can stay sane  
The one thing your kids need from you this fall

Want to know more?

I'm hosting a LIVE Monday Q&A @ 12:30pm PST - Monday, August 10th.

The Q&A will be happening in my private Facebook group to create a safe space for everyone. To join me, click the link above and answer a few quick questions.

FREE WEBINAR

BACK ON TRACK:  
The Parenting Reset You Need to Find  
This Fall's New Normal

Wed Aug 12<sup>th</sup> @ 5pm PDT | Thurs Aug 13<sup>th</sup> @ 7pm PDT

SAVE YOUR SPOT

HOSTED BY:  
Dr. Amy

LICENSED PSYCHOLOGIST, TRAINER & CONSULTANT

I'm in!