

# PEACE OF MIND WITH PEACE AT HOME

## LIVE WORKSHOP

MONDAY, APRIL 28  
1:00 PM ET

[Register](#)

## Take the Stress Out of Parenting

Parenting doesn't have to feel like a battle. When kids feel connected to their parents, they're more likely to cooperate—reducing stress for everyone. In this live, interactive workshop, our founder will help you uncover common myths, improve communication, and apply practical, research-backed discipline strategies. You'll leave with effective tools, helpful handouts, and real-time support to bring more ease, connection, and joy to your parenting.

### A note from our founder Ruth E. Freeman, LCSW



#### Parenting: A Journey Best Traveled Together

This month, my baby girl turned 40. It's a milestone that marks four decades of my work in parenting education. I still remember sitting in on my husband's parenting class while pregnant with my daughter—an experience that ignited my passion for helping families navigate the ups and downs of raising children. (I also thought all the moms in the class were in love with my husband while I was as big as a house, but that's another story.)

Families might have changed in many ways but some things stay the same: kids and families thrive when parents feel supported and confident. That's why I'm still here. At Peace At Home Parenting, we believe no parent should navigate this journey alone.

We've got your back. Let's do this together.



**FORT LAUDERDALE**  
FIREFIGHTERS, LOCAL 765

#### VISIT YOUR PARENTING SOLUTIONS CENTER

*to enjoy live workshops,  
quick videos, and more!*

[Quick Videos](#)

[1:1 Coaching](#)

[More Resources](#)

## April is Neurodiversity Awareness Month

Whether you're parenting a neurodiverse child or looking for ways to help your child better include and connect with their neurodiverse peers, these resources will support you in fostering understanding, kindness and acceptance.

Quick Videos

Podcast

All Resources

## Stress rising along with the temps?

Spring is packed - team sports, class trips, college decisions, planning for summer. No wonder stress levels rise.

## MENTAL HEALTH MATTERS (for you and your kids)

Quick Video Library:  
**Protect Your Child's Mental Health**

Blog:  
**Moms & Mental Health: Put Your Oxygen Mask On First**

### Restless Kids at Holiday Dinners

Instead of stressing and nagging, refocus with family stories. Kids love hearing what their parents and grandparents were *really* like!



**Give the Gift of Family Stories**

BLOG

### Can I ride my bike to the park?

As the days get longer, your kids may want more freedom. Clear communication and boundaries are key.



**Teens & Tweens: Independence & Safety**

BLOG

### Get Off the Screens and Into the Sunshine

It's finally nice outside, but your kids are still glued to their screens? Here are some tips to get them unplugged and outdoors.



**Summer Unplugged: Getting Kids Outside**

BLOG

### College Decision Stress

Navigating college acceptances (and rejections) can be tough—for you and your teen.



**PODCAST**