

Colorado Family Church: Upcoming Parenting / Grandparenting Workshop by Myrna Lapres

Michael and Adonia Hentrich
January 3, 2023



Parenting and Grandparenting: A Partnership With God

At this interactive workshop, discover how to:

- **Strengthen** your family culture, fostering **connection, love and belonging**
- Structure **weekly family meetings** that build inclusion, practice problem-solving, support family fun and **share your values and your faith**
- Be the best parent and grandparent you can be. Parenting gives us the tremendous opportunity to **re-parent** and **heal ourselves** while learning to **unconditional love our child/grandchild**
- Support the growth of **resilience (GRIT)** and **wisdom** in your child and discover ways to nurture these skills

**Sat. January 21, 2023, 1-4 pm
at the Colorado Family Church**

Facilitated by: Myrna Lapres,
Family Coach & Educator,
Author of
"7 Gifts to Give Your Child--Parenting
That Will Touch Their Future"



**Sunday, Jan. 22 at 12:30 pm, there will be a meeting for
parents with adult children facilitated by Myrna Lapres
Contact Myrna: coachmyrnalapres@gmail.com**

Myrna Lapres has been a teacher and educator for over 25 years, but her passion is working with individuals, parents and families to strengthen their connection and find better ways of relating and communicating. As Certified Family and Relationship Coach, Educator and Presenter, she says "I give individuals, parents and families tools and support to discover the love and abilities that lie within. I believe that being a parent and a grandparent allows us to re-parent ourselves as we grow in our ability to give and receive genuine, unconditional love." She self-published a book on Amazon at the end of 2021 entitled "[7 Gifts to Give Your Child: Parenting That Will Touch Their Future.](#)"

As a Women's Federation for World Peace member, Myrna is working together with other coaches to offer education and tools through a monthly zoom webinar entitled, "Self-Care Isn't Selfish: Heal Yourself, Heal Your Family, Heal the World." She is also a WFWP Global Friend which consists of organizations, companies and movements that contribute to the goals of the Global Women's Peace Network by using their outlet to foster lasting peace and

prosperity for generations to come.

A trained Safe Conversations facilitator and a certified Relationship and Family Coach, she leads in person and zoom workshops that support individuals, couples, families, businesses, and organizations to learn how to talk without criticism, listen without judgment, and connect beyond differences. Based on current research, Ms. Lapres is passionate about teaching Safe Conversations and Real Love relationship skills that promote connection, understanding, respect and joy. She and her husband have three sons, three daughter-in-laws and one grandchild with another one on the way.

Myrna Lapres will facilitate an interactive workshop at the Colorado Family Church for parents and grandparents on Saturday, January 21, 1-4 pm entitled "Parenting and Grandparenting--A Partnership With God." She will facilitate a meeting after service on Sunday, Jan. 22 at 12:30 pm for parents of adult children. If you would like to arrange a time to meet with her privately, contact her at coachmyrnalapres@gmail.com.

There is no fee for this workshop. The church is covering all expenses. If you plan to attend, please let Pastor Mike or Adonia know.