

# How to Help Your Child Navigate Marijuana, Alcohol and Screen Addictions ...*without power-struggles.*

In this transformational 2-hour presentation Michael Vladeck will teach you how to most effectively help your children cultivate their emotional and mental stability, as well as decision-making skills and personal sense of unconditional self-worth - that will give them perspective, self-awareness and strength to make wiser choices amidst the prevalent and often alluring pull of excessive technology use, alcohol and drugs. You'll see how to use these issues as they arise (and even before they arise), as the doorway to connecting to the essence of your child's world, and how to support them in relating more deeply with themselves - in ways that they'll be receptive too. As skillfully implementing structure, boundaries and consequences is intimately tied to the quality of your relationship with them, as well as to the relationship they have with themselves, you'll understand how to more authentically relate with them to help foster the critical thinking, emotional and social intelligences necessary to replace common argument and struggles with systems and relationship dynamics that work.



*Michael Vladeck is a nationally recognized expert in teaching conscious parenting, and helping parents raise balanced, grounded and emotionally intelligent children in our current digital culture, while deepening connection and avoiding power struggles. He has been a family counselor and coach since 2004, helping parents and their kids on their relationship dynamics, personal transformation and development.*

***"We would recommend his work to anyone who wants to experience more authenticity, connection and peace in relationship with their teenager."***

*~ David and Robin Johnson, Parents, Boulder, CO*

***"As a mentor and spiritual teacher, he is inimitable. The time I spent with Michael is marked by a deeper understanding of the person I am, and the person I hope to become—he is a true role model for young adults."***

*~ Kelsey McCabe, 18*

***"Michael has a unique ability to connect with both parents and young people in ways that I have never experienced before. He "gets it" on so many levels. I credit Michael with having a pivotal and positive influence on our lives at a time when, without his help, things might have gone in a direction none of us wanted."***

*~ Susan LaHoda, Parent, Boulder, CO*

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