

Our speaker tonight is a child therapist and parenting coach who has spent the last 20 years teaching stress management and conflict resolution skills. She hosted the television talk show, “My Family, My Self,” and is the author of two books-on-tape for parents of young children. Her articles have appeared in local magazines and blogs all over the web, and her lectures have been applauded at conferences for, among others, the National Center for Self Esteem, the National Association for the Education of Young Children.

As a small business-person in tough economic times, she definitely knows the meaning of “abundance”...and the lack thereof.

Please welcome Beth Proudfoot !