

# MANY HANDS MAKE LIGHT WORK:

Creative ways to inspire our family members to pitch in everyday

FOR BUSY FAMILIES WHO VALUE QUALITY TIME

Begin to integrate a positive perspective on chores for you and your family.

Learn how working together builds connection.

Generate a unique system that works for your family.

Learn to communicate needs and to hear them with compassion.

Instill a life-long love of helping community.

Learn to express and receive gratitude without "good" or "bad" labels.

Create more time for family and play.

Develop our children's independence, confidence and enhance verbal communication skills.



## Free Introduction

Friday, March 2nd  
from 6 to 7:30pm,  
at the Eugene Waldorf School  
1350 McLean Blvd. Eugene OR  
(RSVP below, space is limited)

Ideal for:  
Household managers and  
parents who want more support  
and community in the home.



A Series of Six Sessions  
Saturdays: 3/3, 3/17, 4/14, 4/28, 5/12 & 5/26  
From 10AM to 12PM  
\$200 for 1 parent  
\$275 for 2 parents within one household  
(Cash, Check and Credit Card welcomed)  
To inquire, register or pay:  
541-515-0103 or [peace@minyisu.com](mailto:peace@minyisu.com)



10% of proceeds will be donated to  
WellMama, Inc. a local non-profit  
supporting mothers and families.  
[www.wellmamaoregon.org](http://www.wellmamaoregon.org)

Facilitated by Min Yi Su  
Guided by 24 years of experience nurturing and working with  
children. Mother of three and local business owner of  
Heart Grown Family. Blogs at [www.minyisu.com](http://www.minyisu.com)

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