

Subject: Free J.T.M. Webinar with Heather T. Forbes, LCSW

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**Free Webinar with Heather T. Forbes, LCSW
Tuesday, May 12, 2009 6:30PM MT**

I'm the One Who Needs a Time-Out!

Do you ever find yourself overreacting to your child's behavior? Do you sometimes find yourself at your brink, not understanding how you could have moved from a place of pure love and joy to absolute frustration and intolerance?

Parenting is the hardest job--ever! Our children can move us to a whole new level within ourselves, especially children with traumatic histories. They have a way of challenging us like no one else on this planet could ever do.

Listen in on this webinar with Heather T. Forbes, LCSW to discover why these dynamics are happening within you. You aren't going crazy! There is a reason for these intense feelings and she will bring to you a new understanding to settle your heart and mind. As an adoptive mother herself, she knows first hand how it feels to be the one who needs a time-out more than your child! Heather will also share some of her own personal story of healing that will inspire you and help you embrace each moment with your child.

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Heather T. Forbes, LCSW, is the co-founder and owner of the Beyond Consequences Institute. Forbes has worked with nationally recognized attachment professionals in the field of trauma and attachment since 1999. She is an internationally published author on the topics of adoptive motherhood, raising children with difficult and severe behaviors, and self-development. Forbes lectures, consults, and coaches parents throughout the U.S., Canada, and Europe, working to create peaceful, loving families. She is passionate about supporting families by bridging the gap between academic research and "when the rubber hits the road" parenting. Much of her experience and insight on understanding trauma, disruptive behaviors, and adoption-related issues comes from her direct mothering experience of her two adopted children.

Journey to Me is a non-profit, 501 (c) 3 that provides educational resources to help adoptive children and their families. Our greatest hope is that families will have the support, encouragement, and educational resources they need while raising their adoptive children. May each family and child thrive!

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