Parenting Seminar

January 17, 2024 6-7:30pm



With: **Amanda Diekman**Author of "Low-Demand Parenting

Presented by the Olympia Schools Supportive Education Council (OSSEC)

On her website Amanda states, "Low demand parenting means dropping demands and reducing expectations in order to meet our kids with radical acceptance. The purpose of the low demand life is to find ease and joy."

Zoom ID: 881 9353 8630