

## For Immediate Release

Contact: Bobbee Valentine  
[BobbeeV@TheFamilyPartner.com](mailto:BobbeeV@TheFamilyPartner.com)  
978-203-0096



### **Massachusetts Family Coach's own experience shapes her spring 2010 parenting workshop on family relationships and communication**

WILMINGTON, MA, March 8, 2010 - Certified life and family coach Bobbee Valentine, owner and founder of The Family Partner, will be speaking from experience when she begins her new seven-session spring workshop for expectant parents and parents of young children entitled, "Parenting on Purpose: A workshop focused on the relationship of couples raising children."

"To become a better parent, I had to stop and focus on my communication skills and relationships," Valentine, a mother of three grown children, says. "I wish I had known how to effectively change my way of relating to my family when I was a new parent."

In her workshops, Valentine shares stories of her own parenting struggles. In 2003, she decided to send her then 16-year-old son to a boarding school for at-risk teens. The decision required Valentine and her husband to attend self-discovery seminars.

Valentine was hesitant about the seminars at first, but she eventually opened up and truly enjoyed them. The experience led her to become a Certified Performance Coach in 2006, later certifying specifically in Family Coaching. Valentine is also a certified Dream Coach trained by Marcia Wieder, a life coach featured on "Oprah." Valentine holds a master's degree in management from Cambridge College and founded The Family Partner in 2007.

The goal of "Parenting on Purpose" is to create fun and functional families by identifying and better understanding family values and by improving relationships through enhanced communication. Most importantly, this workshop will help bring parents together on the same page. "Coaching focuses on the present and the future. What happened yesterday is over now," Valentine says. "What do you want for your family and how will you get there? You really can have it and I will show you how."

Each workshop session will focus on a different topic, including improving family communication, parenting with consistency and having fun. The small group atmosphere allows for the families to learn from each other and realize they may be struggling with the same issues and concerns.

Participants can choose to attend the workshop on Mondays or Thursdays for seven weeks. The Monday sessions will begin March 22 at 6 p.m. and the Thursday sessions will begin March 25 at 7 p.m. Sessions will be held at The Family Partner's home office at 18 Forest Street in Wilmington, Mass. The workshop is recommended for parents (or two adult caretakers from one family) with at least one child under the age of 10. Registration is limited to small groups, so early registration is encouraged.

Private workshop series with three-to-five couples may be arranged at a slightly higher cost at a private residence by contacting The Family Partner.

"Parenting on Purpose" is based on the workbook written by Valentine. The cost for the workshop and all materials is \$560 (\$80 per week, payable one week in advance) or \$500 total, if paid in advance of first session. Participants are urged to attend all seven sessions. More information can be found at [www.TheFamilyPartner.com](http://www.TheFamilyPartner.com) or by contacting Bobbee Valentine at [BobbeeV@TheFamilyPartner.com](mailto:BobbeeV@TheFamilyPartner.com) and 978-203-0096.

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