

FOR IMMEDIATE RELEASE:

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Modern Parenting

ocls.info/parenting

Adoption: Expectations and Realizations

Orlando Public Library, Albertson Room Saturday, January 9, 11 a.m.

Both individuals and families adopt children for a variety of reasons. The quest for the new normal can be challenging as the introduction of another human being into one's life can cause uncertainty and new challenges. Tammy Austin, a licensed counselor and CEO of Journey's End Counseling, Consulting & Training, will discuss the expectations and realizations of adopting.

Women's Wellness: A Whole New You

South Creek Branch Monday, January 11, 6:30 p.m.

Winter Garden Branch Wednesday, January 20, 6:30 p.m.

Windermere Branch Wednesday, January 27, 6:30 p.m.

Mothers, design a healthy lifestyle that you love and can pass on to your children! Learn how to nourish and energize your body through wholesome and delicious food. Explore and embrace subtle lifestyle modifications to create a truly healthy and sustainable life. Get ready to kick start your year with the energy and vitality you deserve. For more information, please visit **awholenewlife.net**.

Essential Oils for Parents

Windermere Branch Wednesday, January 20, 6:30 p.m.

Winter Garden Branch Wednesday, January 27, 6:30 p.m.

As a parent, are you looking for natural ways to help your children fall asleep or have better focus in school? As a mom, are you struggling to balance your hormones or lose the post-pregnancy weight? Join Natural Solutions Educator Stephanie Jorian to discover ways to use essential oils to address common parenting challenges.

Talking to Your Teen in the 21st Century

Edgewater Branch Thursday, January 28, 6:30 p.m.

Having a healthy relationship with your teen can be challenging. Learn ways to communicate with your teen and become involved in their lives in the 21st Century.

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