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CHI St. Joseph Children's Health to Host Lecture and Workshop with International Parenting Expert

*Best-selling author, Kim John Payne, to speak about using less to raise
calmer, happier and more secure kids*

LANCASTER, Pa. – CHI St. Joseph Children's Health is proud to announce two special events with Kim John Payne, M.ED, an international parenting consultant, trainer and best-selling author of *Simplicity Parenting*®. A lecture, "**Simplicity Parenting: an evening with Kim John Payne**" will be held on **Sept. 29 from 7 to 9 p.m.** and a "**Simplicity Parenting Workshop with Kim John Payne**" will be held on **Sept. 30 from 8:30 a.m. to 12:30 p.m.** Both events will be held at the Pennsylvania College of Health Sciences located at 850 Greenfield Road Lancaster, Pennsylvania and are open to the public. Admission to both events is FREE; however, registration is required, and tickets are available at <http://chistjosephchildrenshealth.eventbrite.com/>.

"The goal of these events is to help parents build stronger connections with their children that endure over time," said Philip Goropoulos, president of CHI St. Joseph Children's Health. "As an organization, CHI St. Joseph Children's Health strives to support the health and wellbeing of the whole child and behavioral and emotional health topics like this are an important part of that."

The Simplicity Parenting® lecture held on Sept. 29 will introduce parents to the concept of Simplicity Parenting®, a simple, orderly and effective pathway to simplify their homes and schedules, reducing stress on children and parents, and allowing room for connection, creativity and relaxation. The four realms of the Simplicity Parenting® concept include:

- **Environment:** De-cluttering too much stuff at home.
- **Rhythm:** Increasing predictability by introducing rhythmic moments for connection and calm.
- **Scheduling:** Soothing violent schedules brings moments for being into all the doing.
- **Unplugging:** Reducing the influence of adult concerns, media and consumerism on children and families to increase resilience, social and emotional intelligence.

The Simplicity Parenting® workshop on Sept. 30 will build upon the concepts within the lecture, help parents identify the areas within their family life where change is needed, and take steps towards making small, practical plans to bring balance back into daily life in the areas that matter most to each individual attendee.

Individuals are encouraged to attend both the lecture on Sept. 29 and workshop on Sept. 30; however, participants may register for either session – the lecture or the workshop – individually and are not required to attend both.

Kim John Payne has served as a consultant and trainer to more than 230 U.S. independent and public schools and has served as a counselor, adult educator, consultant, researcher and educator for 27 years. He regularly gives keynote addresses at international conferences for educators, parents and therapists, and runs workshops and trainings around the world. He has also consulted for educational associations in South Africa, Hungary, Israel, Russia, Switzerland, Ireland, Canada, Australia, the United Kingdom, Thailand and China. Kim has worked extensively with the North American and UK Waldorf educational movements. He has served as director of the collaborative counseling program at Antioch University New England. Kim is the founding director of The Center for Social Sustainability, an organization that has trained thousands of teachers, parents and students in the Three Stream Process that gives social, emotional and behavioral support to children who struggle in the school environment.

In addition to authoring the #1 Best Seller *Simplicity Parenting*®. Using the Extraordinary Power of Less to Raise Calmer, Happier and More Secure Kid, he also authored *The Games Children Play*®, *The Soul of Discipline*, co-authored *Whole Child Sport™* How to Navigate Child & Youth Sports™ and *Being At Your best When Your Kids Are At Their Worst*.

“These events are ideal for parents who want to build balance, connectivity and creativity into the lives of their children,” said Goropoulos. “We encourage all adults with children in their lives to consider attending one or both of these events while such an esteemed, international professional is available in our community.”

About CHI St. Joseph Children's Health

A location of Catholic Health Initiatives, CHI St. Joseph Children's Health is a community-based organization dedicated to the health and well-being of children and families in the Lancaster community. The organization works in collaboration with community partners to assure access to appropriate, quality health services and benefits for every child in the Lancaster community. This mission in children's health includes multiple efforts, programs and services committed to improving the health of children and families throughout the Lancaster community. Most recently, the nonprofit announced plans to open the St. John Neumann School for Children and Families in Columbia, Pennsylvania in 2020. To learn more about CHI St. Joseph Children's Health, visit www.CHIstjosephchildrenshealth.org.

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