



Announcing

Jane Nelsen, Ed.D, MFT, and Mary Nelsen Tamborski, MA, MFTI are happy to announce their association with [Roots and Wings Counseling and Consulting](#) in La Mesa, CA where they are now accepting new clients interested in marriage, family, individual and group counseling, and parent coaching.

Mary and Jane are also available for speaking engagements and parenting classes in the San Diego area. Hear the whole truth about **Positive Discipline: Two Generations**. You will also learn many Positive Discipline Tools for Ending Power Struggles while Teaching Children Valuable Social and Life Skills. **Couples who parent together, stay together.**

Mark your Calendar

You are invited to the Roots and Wings Counseling and Consulting open house February 9 from 6:00 to 8:00 PM. Meet our staff. Browse through our upcoming classes and events (receive and free deck of Positive Discipline Tool Cards for early registration), and enjoy light snacks. 9541 Grossmont Summit Drive, La Mesa, CA 91941

Brene Brown: The Power of Vulnerability

http://www.ted.com/talks/brene_brown_on_vulnerability.html

We hope everyone will take the time to watch this video. Brene has such an engaging and entertaining way of talking about three primary themes of Adlerian Psychology and Positive Discipline: Connection (before Correction), Belonging and Significance, and the Courage to be Imperfect.

Coming Soon: Positive Discipline San Diego

We are forming a Positive Discipline Coop that will include a website listing all Positive Discipline facilitators, therapists, coaches, classes and workshops in San Diego County, as well as articles and helpful hints.