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**To Whom It May Concern, Re. Judy Arnall.**

Judy has been a Parent Educator with The Family Program for over 9 years. She is an experienced workshop facilitator, and Parent Educator.

She Facilitates weekly courses with Parents And Children Together (PACT), a program focusing on parent education and support for parents of pre-school children. Judy also facilitates workshops and courses throughout the city in schools, community centres and churches. These courses cover topics such :

- Fostering Healthy Self Esteem
- Positive Discipline, Avoiding Power Struggles
- Parent Effectiveness Training (6 weeks)
- Effective Communication in the home

In addition to her facilitation skills, Judy is also an experienced program designer, having recently worked with Calgary Health Region and Families Matter to help with the development of a new course "Terrific Toddlers"

Participant evaluations of Judy's classes are extremely positive. She is often requested for repeat courses and participants are very enthusiastic about the material she presents.

Judy is a reliable and dedicated Parent Educator and we are privileged to have her representing our program.

Sincerely,  
Celia Osenton  
Family Program Coordinator