

- **Have you already had a conflict today?**
- **Feel hurt or angry?**
- **Want to repair damaged relationships with your friend, spouse, or child?**



**Dr. Helen B. McIntosh**

- Doctorate in Counseling Psychology
- Licensed Professional Counselor
- Masters of Education in Guidance and Counseling
- Education Specialist in Guidance and Counseling
- Certified Reality Therapist
- School Counselor for more than 10 years
- Has worked with hundreds of children of all ages and their families
- Mother of two

Dr. Helen B. McIntosh, inventor of The Peace Rug®, a program used by thousands of children, has expertise in human relationships and school violence. She has appeared as a guest on radio, TV, and in magazines. Her own pain became a passion to help others to “find their voice.”

**Visit [www.peacerug.com](http://www.peacerug.com).**

### **Expert in healing relationships can tell your audience:**

- How to repair and build better relationships
- Which words wound and damage
- Which words heal and build
- Ways to have better relationships for a lifetime
- How to have good boundaries
- Ways to break family patterns of criticism and control
- How to separate the person from the behavior
- Principles of loving discipline
- Ways to be a blessing or a curse
- How to share a “concern” in a loving way
- How to teach personal responsibility
- How to be an emotionally “safer” friend, spouse or parent