

Anne Sorensen Bierling, MA, MFT

Director of LCPC Parent Education
Marriage, Family & Child Therapist
Former High School Teacher & Administrator
Co-Author of The Life Model
Wife and Mom of Three
Anne@lacadapc.org



Anne Sorensen Bierling has been involved in helping families thrive for over 20 years. Her experiences as a former high school teacher and administrator, licensed Marriage and Family Therapist, and wife and mom of three have given her many firsthand opportunities to learn about families. Anne's background in idealized models was formative in the development of the Life Model, and she was a key writer of *The Life Model: Living From the Heart Jesus Gave You* – currently available in English and 6 other translations.

Currently the Director of the LCPC Parent Education Program in La Canada, CA (which offers 15 parenting classes/week), Anne continues her passion of helping families thrive. Anne is also a very popular speaker throughout Southern California.

Some of her speaking topics include:

- Maximizing Your Relationships...During the Married with Young Children Stage
- Practical Tips for Improved Family Health from a Real Mom with Real Kids
- Organizing Your Life
- Timeless Parenting Trends
- Building Strong Family Ties and Traditions
- The GIFT of Parenting/Making Your Home a Blessing
- Favorite Children's Books & Games
- Maturing Yourself & Your Students/Children (5 Levels of Maturity)

- Trusting God with All Your Heart
- You Have Been Awesomely & Wonderfully Made
- Storing God's Word in Your Child's Heart
- Christmas Gifts Your Child Will NEVER Forget
- Shining Until Your Dying Day