

Hello Stuart Empowered Parents!

My name is Robin Andersson and I will be assisting Ginny with the Stuart Empowered Parent Group this school year. I don't know about you, but after summer I could use a refresher with my Conscious Discipline skills! We will be meeting at Bridges Montessori to discuss a new and exciting topic each month. Below are the meeting dates and topics for the first four out of eight meetings, along with other important information. These meetings are full of great energy and helpful skills that can get you through those "I-want-to-pull-my-hair-out" moments. Whether you are a family that is new to Conscious Discipline or ready to continue your journey, we hope to see you there! To RSVP or if you have any questions, contact me by email (robin.andersson@yahoo.com) or by phone (772-233-0395).

Sept. 27th **"Easy to Love, Difficult to Discipline! There must be a better way!"** Come learn the basics of Conscious Discipline and the difference between discipline and punishment. Find out how brain research is the basis of Conscious Discipline. Learn ways to effectively respond rather than react to life's events and how to develop authentic power in your relationships with your children. Discover the seven powers for self-control and the seven skills that will turn discipline issues into teachable moments.

October 25th **Composure-** Do you ever find yourself saying things your parents said to you in those moments of upset? Those phrases you told yourself you would never say to your own kids? Our children can be our best "button pushers" so come and learn new techniques on how to be the calm you want your child to be. This is a great first skill to learn!

November 16th **Assertiveness-** This is a wonderful skill to use in all of your relationships. Did you know that being passive or aggressive can actually ignite an argument? During this meeting you will get to learn the differences between passive, aggressive, and assertive. If you want to learn how to say no and be heard without being passive or aggressive, this skill will be very useful for you!

December 6th **Encouragement-** With this skill you will learn how to notice rather than judge. Is praise helping you achieve your long term goal for your child? The willingness to comply comes from strong relationships rather than rewards. Come and learn connecting activities that will strengthen your bond. Find new ways to stimulate the brain from the highest centers to be internally motivated versus focused on the reward.

Time

6:30p.m. - 8:00p.m.

Facilitator

Ginny Luther is a national speaker, certified instructor, and consultant for Dr. Becky Bailey's Loving Guidance, Inc. (<http://www.peacefulparenting.net/>).

NOTE: Dates and times are subject to change as we are working around Ginny's schedule. Topics are tentative and subject to change. An email will be sent out one week prior to remind everyone of the upcoming meeting date and topic.

Location Bridges Montessori
51 SE Central Parkway
Stuart, FL 34994

Meetings are held in the Elementary building.
Central Parkway runs between Kanner Hwy and Federal Hwy.

Cost

\$20 per individual per session. We now offer a package price for \$140 (get one class free!). Please register at least one week ahead so we can provide you with handouts.

Payment by credit card or PayPal can be completed at the following link
<http://peacefulparenting.net/peaceful-parenting-register.htm> or pay by cash or check at the meeting.

NOTE: All fees are considered non-refundable. No credit will be given for classes missed, unless cancelled because of emergency or inclement weather. Our support group operates on a not-for-profit basis and is coordinated by volunteers. All of the monies collected are used to pay for our speaker, Ginny Luther. If we obtain extra money it will be used to pay for an extra free or discounted workshop at the end of the year or donated to a charity.

Class Size Space may be limited to 30 people. A waiting list will be started if the class size reaches its limit. In the event a class is canceled all registrants will be contacted via email.

For more information or to RSVP to a group, please contact Robin Andersson (robin.andersson@yahoo.com or 772-233-0395). If you wish to be removed from this email list, replay with "please remove."

Future Dates

January 31st
February 28th
March 22nd
April 25th
(Topics TBA)

