



Conscious
Discipline

MONTHLY WORKSHOP

Weds. January 4th, 6-7:30PM

CES Conference Room (in-person)

THE SKILL OF EMPATHY THE POWER OF ACCEPTANCE

Empathy builds a foundation for our children's sound emotional development. Learn the language to listen to your child's feelings and thoughts without the need to change them.



Facilitated by: Joy Lenares, Family Empowerment Facilitator

Be sure to register each month.

Join in at any time for any or all sessions that interest you!



Growing
Stronger
Together

Registration NOW open!

Sign up for FREE Childcare when registering.

ColchesterC3.jumbula.com/#/caregiver-programs