



Conscious
Discipline™

MONTHLY WORKSHOP

Weds. November 2nd, 6:00-7:30PM

CES Conference Room (In-person) Free Childcare



THE SKILL OF ASSERTIVENESS

Communicating clearly with your child by using "the voice of knowing." Setting limits respectfully.

THE POWER OF ATTENTION

Focusing on what you want, viewing yourself and the world more positively, and creating more happiness and success.

In this workshop, you will learn:

- **Skills and language to communicate effectively with your child.**
- **To shift your attention from seeing what's wrong to showing what's helpful.**

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!

Let us know if you need FREE childcare when registering!
ColchesterC3.jumbula.com/#/caregiver-programs