

Conscious Discipline Workshop Series

Wednesdays beginning October 4th - November 15th
In Person with FREE Childcare
9:15 - 10:45 AM

Over the course of 7 weeks, parents, grandparents, and caregivers will learn the Conscious Discipline model, exploring a different topic each week.



Brain State Model

How brain-body states impact behaviors.

Seven Powers for Adults

How to shift the way you see conflict, maintain composure and consciously respond to difficult situations.

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Transforming discipline issues into teachable moments, equipping children with the social-emotional & communication skills needed to manage themselves, resolve conflict and develop healthy behavior.

Presented by: Joy Lenares



Growing
Stronger
Together

To register for this FREE workshop, go to:
ColchesterC3.jumbula.com/#/caregiver-programs