

Conscious Discipline Workshop Series

Wednesdays beginning October 2th - November 13th

In Person with FREE Childcare at CES

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.

.....

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