



Positive Discipline Community Resources

Transforming Lives Through Respectful Relationships!



Download **FREE TIP SHEETS** online on:
www.pdcrcc.org/tip-sheets

**Routines | Mealtimes | Tantrums |
Encouragement | Positive Time Out | Sharing
| Family Meetings | Disasters**

WHAT IS POSITIVE DISCIPLINE?

Positive Discipline is more than just a parenting method, it's a whole approach to human development for adults and children, that focuses on solutions!

FOUNDATION of Positive Discipline means children are motivated by a desire to feel belonging and significance and often do better when they feel better!

COMMUNICATION is mutually respectful. Positive Discipline stresses the need for kindness and firmness at the same time.

DISCIPLINE really means to teach. Our children are learning from us all the time so we teach by modeling respect.

Register or contact us for additional group times! Offerings are virtual on Zoom.
Call: 831-476-7284 x107 | Text: 831-292-4088 | Email: stephanie@pdcrcc.org

Parenting Classes

Enjoying the Early Years

Saturdays 9:30am, Sept. 26- Oct. 17

This 4 week virtual gathering will bring you great joy, compassion and tools to enjoy (not just survive and endure) the early years (0-5yrs) of parenting your littles!

Navigating "these" School Years with PD

Tuesdays 6pm, Nov. 03- Nov. 24

This 4 week virtual support and learning group will bring you everything from how to address and mitigate distance learning challenges with kindness and firmness at the same time, gain encouragement strategies and learn how to win cooperation with your school age children.

Juvenile Justice Involved Classes/Groups

Mondays – 6pm to 8pm

We're here to support youth on probation and encourage them to seek belonging and significance in positive ways. They'll gain powerful insights, self-regulation tools, respectful communication skills and so much more!

*Referral must come through their family case worker

Navigating the Teen Years

Thursdays 6pm, Sept. 10- Oct. 01

This 4 week virtual parenting class series will include mutually respectful tools and skills to strengthen your relationships with the teens in your life (for young adults ages 13-18+).

Co-parenting Couples course

Every Friday in October 6:30-8:30pm

These 5 virtual weeks will serve to bring you and your parenting/shelter in place partners closer together, as well as tools, strategies and a better understanding of how to get on the same page in raising your littles! Visit our website for: [Eventbrite link](#)

Adult Probation Classes/Groups

Tuesdays 3-4pm(English)

Santa Cruz County Adult depts. are sponsoring classes and support groups for families separated/looking to reunify, contact your Probation Officer to place a referral via the CE Provider Portal, or call or email Stephanie at stephanie@pdcrcc.org for eligibility/more info!

*additional individual sessions available

Attention Santa Cruz City School District Families! This offering is special just for YOU!

Weekly Positive Discipline Parent Support Sessions ~ Every Tuesday 7pm-8pm via Zoom.

All SCCS families welcome to attend this free district-led offering. We will have learning group topics as well as space for Q&A.