



Sound Discipline

making connections that matter



Parenting Teens with Positive Discipline

April 17 - May 22
Tuesday evenings

Are you and your teen(s) seeing the world differently?

Would you like to: Improve communication? Increase accountability and integrity? Help them learn from their mistakes and provide a path to recover from mistakes?

This 6-week class provides tools to parents that teach youth valuable social and life skills. It differs from a general Positive Discipline Parenting class in its focus on adolescent brain development. In this way we can provide parents even greater understanding and resources for effective parenting through the teen years.

Positive Discipline techniques are respectful and non-punitive and are based on both common sense and research. They help parents strike an important balance between being kind and firm. Join us in a relaxing, fun environment, where parents build community and participate in activities designed to deepen an understanding of their children, and bring more peace and joy into the home.

EVENING PARENTING WORKSHOP

Dates: Tuesdays 7:00 - 9:30pm, Apr 17 - May 22

Location: Lakeside School - Athletic Center Rm 206
14050 1st Avenue NE, Seattle WA 98125

Cost: Cost: \$185 for one parent, \$260 for a couple

Registration <https://sounddiscipline.eventbrite.com>

**Open to all middle
and highschool
parents**

Register ASAP. If minimum enrollment is not reached by Apr 15, the class may be canceled. If class is canceled, those who have registered will receive a full refund.