



*January mental health and wellness with
Dr. Jules Nolan*

PARENTING SESSION

Positive Discipline and Parenting in Times of Stress

6:30 p.m. January 12 | 6 p.m. January 28

Register at:

<https://calendly.com/drjulesnolan/positive-discipline-and-parenting-during-stressful-time>

Parents ask about discipline more frequently than any other topic. How do we teach our children to follow rules, treat others with respect, and take responsibility for their actions? How do we keep our own emotion from derailing our best intentions? In this session, we will learn how to employ proven techniques with love and patience to guide our children while maintaining our relationship. You will leave with concrete parenting strategies to guide and shape behavior and keep our kids emotionally close.