



Free Parenting Series

In this training you will:

- ✦ **Learn effective discipline techniques.**
- ✦ **Learn skills to teach your children self-control and anger management.**
- ✦ **Learn important information about brain development.**

What parents are saying about Conscious Discipline...

“ I have used many of the techniques that were taught and they worked.”

“ I have learned how to help resolve issues rather than fuel them.”

“ The class gave hands-on practical methods.”

“I have not been so frustrated with the boys.”

“I now know where they are at ‘in their brain’ and why they are acting the way they are.”

Where: West Midland Family Center

4011 W. Isabella Rd. Shepherd, MI 48883

When: October 9, 16, 23 (3-part series)

6:00-7:45 PM

Register at West Midland Family Center or call: 989-832-3256

Child Care Available Upon Request

Light Dinner Provided

Questions? Call Linda Benson at 989-501-1270