



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.”

“... how to stay calm and turn power struggles into learning opportunities.”

**Where: Sanford Elementary Early Childhood Center
2534 N. W. River Road, Sanford, MI 48657**

When: March 5, 12, 19 6:00-7:45 PM Dinner Provided

To Register Click [HERE](#) or Paste <https://goo.gl/mcDtdx> in your browser

Child Care Available Upon Request : Call 989-687-3455 x3460

For Questions: Call Linda Benson at 989-501-1270