



Positive Discipline Community Resources
Transforming Lives Through Respectful Relationships!
www.pdcrc.org

Positive Discipline Workshops

Thursdays via Zoom from 1:30-2:30pm
FREE for Cabrillo & CalWorks families.

Feb 29- How to be effective without the use of punishment/rewards

Mar 7- Gaining cooperation, and “do’s & don’ts” behind establishing an effective parenting style.

Mar 14- Brain development and it's impact on behavior, how to: self-regulation/co-regulation

Mar 21- Setting limits and Follow Through being Kind AND Firm at the same time.



Text us at 831-292-4088 or
scan the QR code survey!

