ONE WORKSHOP, TWO OPPORTUNITIES TO JOIN

PDCR
DISCIPLINA POSITIVA

KEEPING THE MAGIC ALIVE DURING THE HOLIDAYS WITH POSITIVE DISCIPLINE



with Colleen Murphy

When it should be a time of joy and celebration for your family, the winter holidays can often create more stress be overwhelming. This workshop will offer concrete ideas on reducing stress, allowing more joyful memories.

Join us: Tuesday November 17th
OR Wednesday December 2nd

via Zoom 6:00-7:15pm

* Bonus 15 minutes at the end to ask personal questions

To sign up FREE text the word **HOLIDAYS** to: 831-292-4088