



**FREE PARENTING AND CAREGIVER SUPPORT  
REGISTER FOR ADDITIONAL INFORMATION**

# POSITIVE DISCIPLINE

**Two In-person class series to choose from:**

**Wednesdays**



**3-5pm OR 6-7:30pm**

**+ Bonus Q&A afterwards**

**FOUR week class series offered with  
childcare and dinner.**

**School Years class geared for ages 8-12years old:**

- 10/23
- 10/30
- 11/13
- 11/20



**Scan the QR code survey to join our  
class roster/register for childcare!**

Two mid-county locations to choose from:



**Cabrillo  
College**





## Need help navigating the highs and lows of parenting?

- Back Talk/Power Struggles
- Gaining respectful cooperation
- Communicating Boundaries and Setting Respectful Agreements
- Sibling Rivalries/ Co-parenting issues
- Special time: enjoying quality over quantity (without feeling guilty)

**Find less stress and more joy with Positive Discipline today!**



*Cabrillo  
College*

