



FREE



PDCR
DISCIPLINA POSITIVA

POSITIVE DISCIPLINE

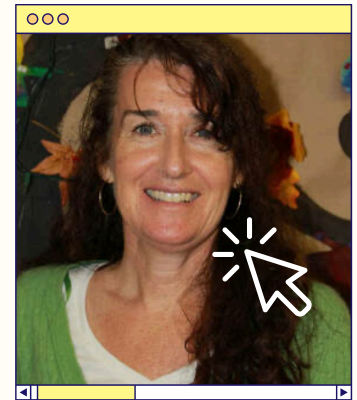
VIRTUAL WORKSHOPS



THURSDAYS
6:00-7:15PM

Dates and Topics:

- Jan 22** - Teaching life Skills to kids
- Feb 5** - Teaching empathy and social skills to kids
- Feb 19** - Effective Family Communication Skills with Teens
- Mar 5** - Managing Parent Burnout
- Mar 19** - Anger management for kids and parents
- Apr 2** - Understanding and dealing with challenging behaviors. (Mistaken Goals)
- Apr 16** - Coping with daily stress and how it affects your relationship with your children
- May 7** - Importance of family rituals



Text the word WELLNESS to

831-292-4088

to sign up and receive the link

