



# Positive Discipline Community Resources

*Transforming Lives Through Respectful Relationships!*

[www.pdcrc.org](http://www.pdcrc.org)



## POSITIVE DISCIPLINE!

- Beyond a **Parenting Method**
- **Whole Approach** to Human Development
- Discipline = teaching by **modeling respect**
- **Connection before correction!**

## FREE SUPPORT & LEARNING GROUPS

### HEART2HEART COACHING

30 min. via phone/zoom

Parent coaching sessions. For those dealing with specific challenges. Available year-round. Breath deeply, we are in in this together.

### NAVIGATING TEEN YEARS PT.1

Monday's 7 – 8:15pm

Feb 28 March 7, 14, 21

Zoom 878 8203 7517

### ENJOYING THE "EARLY YEARS" 0-5

Saturday's 11am – 12:15pm

March 5, 12, 19, 26

Zoom 852 8374 9113

### PART 2: TEEN YEARS

Monday's 7 – 8:15pm

April 11, 18, 25 May 2

Zoom 878 8203 7517

### HALL DISTRICT ELEM. SCHOOL 0-5 SERIES W/CHILDCARE

Wednesday's 6:30-8:30pm

Feb 23 March 2, 9, 16, 23, 30

April 13, 20

In Person – Pajaro/Las Lomas families, Spanish only

### DID YOU KNOW: POSITIVE DISCIPLINE CAN COME TO YOUR SCHOOL!

Bring Positive Discipline Classes to your school! Discounted rates available for in-person classes at school sites.

Questions? send us your name, city, and child(ren)'s ages via:

Text: 831-292-4088

Email: [stephanie@pdcrc.org](mailto:stephanie@pdcrc.org)

