



Free Parenting Series

In this training you will:

- ✦ **Learn effective discipline techniques.**
- ✦ **Learn skills to teach your children self-control and anger management.**
- ✦ **Learn important information about brain development.**

What parents are saying about Conscious Discipline...

“ I have used many of the techniques that were taught and they worked.”

“ I have learned how to help resolve issues rather than fuel them.”

“ The class gave hands-on practical methods.”

“I have not been so frustrated with the boys.”

“I now know where they are at ‘in their brain’ and why they are acting the way they are.”

“... how to stay calm and turn power struggles into learning opportunities.”

Location: Carpenter Elementary

Dates: 3 Part Series

November 14: 6:00-7:45 PM

November 21: 6:00-7:45 PM

November 28: 6:00-7:45 PM

For more information contact: Katie Hilliard, 989-923-5156



- ✦ **PARENTS ONLY** during presentation.
- ✦ **Childcare available on first come, first serve basis for children ages 2 and up.**
- ✦ **Food provided during event.**
- ✦ **RSVP to Katie Hilliard for presentation and childcare: 989-923-5156 or hilliardke@midlandps.org.**

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