

8-WEEK POSITIVE DISCIPLINE



October 19th - December 7th
Mondays 7pm-8pm



For Parents & Caregivers
with Children of all Ages

Decrease Challenging
Behaviors

Reduce Fighting &
Arguments

Increase Positive
Interactions

This class will equip parents and caregivers with tools to help decrease common everyday behavioral challenges and increase more positive interactions with children of all ages. Positive Discipline was developed by distinguished psychologist, educator, author, and mother of seven, Dr. Jane Nelson as an alternative to other parenting approaches. Positive Discipline is both a respected and proven method in raising respectful and capable children and ensuring they will continue to display cooperative and responsible behaviors when their parents and caregivers are not present. Parents and caregivers will have the opportunity to practice the skills they learn and receive feedback and support from each other in a respectful and encouraging environment.

8 week online workshop

Total Cost - \$40
(scholarships available)

**THE HEALTHY EARLY
YEARS CLINIC**

**4283 El Cajon Blvd,
Suite 200, San Diego**

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To enroll or for more information call 619-928-9271