

# Raising Children With Conscious Discipline<sup>®</sup>



Join us for free monthly sessions for parents, grandparents and other primary caregivers and professionals who work with children ages birth to six. Learn about the core principles of Conscious Discipline and how to move ourselves and our children from surviving to thriving. New and returning learners are welcome!

## Wyatt Park Christian Church Fellowship Hall

2623 Mitchell Avenue (use door on west side of building)

6:30-8:00 p.m.

**Presenters:** Lacey Raymond, LMSW

Quinci Hammes, Community Action Partnership Head Start

Beth Curry, Community Action Partnership Head Start

### October 3

#### *Transforming Your Family Through Conscious Discipline By Reducing Power Struggles & Building Connection*

Do you wish your children would just behave? Do you feel like you can't get through to them? Learn how using Conscious Discipline will build discipline within your children for long-lasting success. You will leave with proven strategies to prevent or shorten tantrums and regain peaceful connections in your home.

### November 7

#### *Use Your Words: Being Assertive & Building Relationships*

Learn how to find your assertive voice to set boundaries, structure and routines to strengthen feelings of security and healthy relationships. Teach your child how to use their words in appropriate ways that are helpful rather than hurtful.

### December 5

#### *Get What You Want Without Asking: Creating Self-Motivation That Lasts*

Learn how encouragement builds internal motivation to be successful, helpful and kind. Find out how to strengthen relationships and promote positive changes.

*\*In-person attendees may receive 1.5 Missouri Clock Hours Child Care Licensing credit for each session.*



Scan QR code to register OR visit [stjosephunitedway.org/sb6parents](https://stjosephunitedway.org/sb6parents)

Walk-ins are welcome, too!

Questions? Call 816.364.2381 or email [bobbie.cronk@stjosephunitedway.org](mailto:bobbie.cronk@stjosephunitedway.org)

