

Raising Children With Conscious Discipline[®]



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 Stewart, Community Action Partnership Head Start

Beth Curry, Community Action Partnership Head Start

January 23

Reclaim Your Power: How Choices Build Self-Control & Self-Esteem

Use the power of free will to set limits, promote healthy behaviors and strengthen compliance within children. Find out how to support children in learning how to achieve personal responsibility and self-control.

February 27

From Chaos to Calm: Turning Resistance into Cooperation

Cooperation is achieved through relationship and connection. When we are committed to seeing the best in children, instead of assuming that they are "bad" or trying to make our lives difficult, we shift our thinking and help them learn missing skills.

March 12

If I Could Only Find the Right Consequence: Secrets and Myths about Effective Consequences

To teach children to cope with disappointment and minimize the whining, foot stomping and backtalk, you need the skill of empathy. We will learn how to access our empathy, grow the skill of empathy in our children and how effective consequences can help children strengthen their own inner compass.

**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
Walk-ins are welcome, too!

Questions? Call 816.364.2381 or email bobbie.cronk@stjosephunitedway.org

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**Presenters: Lacey Raymond, Voices of Courage Children's Advocacy Center
Quinci Hammes, Community Action Partnership Head Start**

September 27

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.

October 25

Use Your Words: Being Assertive & Building Relationships

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

November 22

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 will receive 1.5 Missouri Clock Hours Child Care Licensing credit for each session.***

**Visit stjosephunitedway.org/sb6parents
or scan the QR code to sign up today!**



United Way
of Greater St. Joseph

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Walk-ins are welcome too!

United Way Kindergarten



Washington Park Library

Lower Level Story Time Room

1821 N. 3rd Street



Readiness Skills 101

July 6 • 5:30 - 6:30 pm

You and your child will enjoy games and activities that support the development of a few of the basic skills needed for kindergarten. You and your child will leave the session with a **FREE** book to read together and goodies to support your child's learning at home.

Easing Those First Day Jitters

July 29 • 10:30 to 11:30 am

Parents will discuss their concerns, fears and hopes as well as learn tips to ease the transition into kindergarten while children engage in learning activities with parent educators. This discussion will be led by two parent educators who just celebrated their children's kindergarten graduation. You will leave with a **FREE** book and tools to prepare your child for school success.



Are you a parent that has a child entering kindergarten this fall? Then join us for United Way KinderClub! These sessions will cover important school readiness skills and provide you with information and resources to help your child feel ready for school. All sessions will be taught by St. Joseph School District and Community Action Partnership Head Start staff.

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