

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)

6-7:30 p.m.

Presenters: Chastity St. Louis, Quinci Stewart and Beth Curry

September 15

Who's in the Driver's Seat? How Composure and Perception Keep You in Charge

Do you wish your children would just behave? Learn how Conscious Discipline builds discipline within your children for lasting success. Leave with strategies to help you respond instead of react, eliminate tantrums and regain peaceful connections.

October 20

Use Your Words! Strengthening Relationships through Assertiveness and Attention

Stop! Don't! No! Do you find yourself focusing on what you want your children to stop doing? Learn how to shift your attention and see greater success. Understand how assertiveness and boundaries create feelings of safety and strengthen your relationships.

November 17

We're all in this Together! Building Unity through Encouragement

Wouldn't it be great if children could be helpful without being reminded? Learn how noticing, accepting and connecting with children strengthens self-motivation. Leave with practical tips on age-appropriate jobs and strategies to strengthen unity.

**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