## POSITIVE DISCIPLINE IN EVERYDAY PARENTING



Joan E. Durrant, Ph.D

## FREE PARENTING COURSE

MONDAY'S (Virtual) STARTING FROM NOV 8th –DEC 13th 10am-1pm

OR

THURSDAY'S (In-person) STARTING FROM NOV 11th -DEC 2nd 12pm-3pm

The focus of Positive Discipline:

- -increasing parent's knowledge of child development
- -increasing parent's understanding of children's perspectives
- -improving parent-child communication
- -strengthening parent-child relationships
- -enhancing parent's problem solving skills
- -promoting emotional self-regulation of both parents and children

LOCATED AT BETTER BEGINNINGS BETTER FUTURES

450 MORIN AVENUE SUDBURY ON

TO REGISTER FOR THIS COURSE PLEASE CONTACT JESSICA MAISONNEUVE, AT 705-671-1941 EXT 260 OR JESSICAM@BETTERBEGINNINGSSUDBURY.CA

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