

## Conscious Parenting

Join us to learn about Conscious Discipline, where parents will learn life-changing skills that decrease problem behavior, power struggles and aggression, while increasing resilience, emotional health and achievement. Conscious Discipline meets families where they are and empowers them to experience success.



All sessions will take place via Zoom from 6:00 – 7:30 pm.

Space is limited and pre-registration is required to receive the online workshop information to participate.

To register and for more information, email [onestop@ccoarks.org](mailto:onestop@ccoarks.org) or call 887-3545, ext. 303

### February 18, 2021

Choices: Building Self-Esteem and Willpower

### March 25, 2021

Empathy: Teaching Children to Manage Their Emotions

### April 15, 2021

Positive Intent: Creating Teaching Moments

### May 6, 2021

Consequences: Helping Children Learn from Their Mistakes

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