



PARENTING WITH POSITIVE DISCIPLINE

Are you challenged by kid fights, whining, bed time problems, homework problems etc.?

Learn how to:

- Reduce power struggles (such as homework, chores, etc.)
- Minimize sibling rivalry
- Understand the belief behind the behavior
- Help children achieve self-discipline and problem solving skills
- Raise children who are responsible, respectful and resourceful
- Create an atmosphere of cooperation and mutual respect in your home
- Be more effective as a parent and have fun in the process.

For parents who want more cooperative, respectful, and joyful relationships with their children.

This 7 week class is appropriate for parents and caregivers of children preschool to high school age.

Facilitator: Sahara Pirie, CPDA

Date/Time: 7 sessions, Tuesdays; Sept 28; October 5,12,19,26; Nov2 and 9
6:30-8:30 pm

Place: Dale Turner YMCA; Shoreline

Cost: \$100 per person or \$150 per family for members;
\$135/185 for non-members.

Childcare: Included, must register for childcare by 9/21.

Registration: Space limited; first come, first served. Call the Dale Turner Family YMCA, 206-363-0446 or register online at:

<https://ops3.operations.daxko.com/Programs/ProgramGuide.aspx?id=2a9a1369-2dd9-415f-97c2-9a175a4b975a&tagid=5118>

scroll down to "parenting class" and click on "+"

Questions: Contact Sahara Pirie at 206-546-4142 or
sahara.pirie@gmail.com.