

SOUND DISCIPLINE



PRESENTS

PARENTING TEENS WITH POSITIVE DISCIPLINE

Are you challenged by media battles, disrespectful behavior, homework problems etc.?

Learn how to:

- Reduce power struggles
- Understand the belief behind the behavior
- Teach recovery and repair around mistakes
- Help teens achieve self-discipline and problem solving skills
- Raise teens 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 teens.

Facilitator: Sahara Pirie, CPDLT

Date/Time: 7 sessions

Thursdays, January 16, 23, 30; February 6, 13, 27; March 6
6:30-8:30 pm

Place: UW Family Medicine Residency Offices, 331 NE Thornton Place,
Seattle, WA 98125

Cost: \$150 per person or \$225 per couple; materials included.

Registration: Space limited; first come, first served. Use form below

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

Please send check or money order made payable to Sahara Pirie. Mail to:
Positive Discipline Class, c/o Sahara Pirie, 16026 Wallingford Ave N, Shoreline, WA 98133

Name(s): _____

ADDRESS: _____

PHONE NUMBER: _____ **# attending the class:** _____

EMAIL: _____