

SOUND DISCIPLINE



PRESENTS

PARENTING TEENS WITH POSITIVE DISCIPLINE

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

Develop skills 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
Wednesdays, Sept. 30; Oct 7, 14, 21, 28; Nov. 4, 11
7-9 pm
Place: Lakeside Upper School, Allen Gates # 201
14050 1st Ave NE, 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@sounddiscipline.org

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: _____

*****Please register by: September 23, 2015*****