



## 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, Certified Positive Discipline Lead Trainer

**Date/Time:** 7 sessions, Tuesdays; October 4, 11, 18, 25; November 1, 8, 15;  
6:30-8:30 pm

**Place:** Dale Turner YMCA; Shoreline

**Cost:** \$150 per person or \$225 per family for members;  
Additional \$35 for non-members.

**Childcare:** Included, please pre-register so that staffing is appropriate

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

Individual:

[https://apm.activecommunities.com/seattleyymca/Activity\\_Search/parenting-with-positive-discipline-individual/46437](https://apm.activecommunities.com/seattleyymca/Activity_Search/parenting-with-positive-discipline-individual/46437)

Couple:

[https://apm.activecommunities.com/seattleyymca/Activity\\_Search/parenting-with-positive-discipline-couple/46436](https://apm.activecommunities.com/seattleyymca/Activity_Search/parenting-with-positive-discipline-couple/46436)

**Questions:** Contact Sahara Pirie at 206-546-4142 or [sahara@pirielabs.com](mailto:sahara@pirielabs.com);

<http://parentheart.wildapricot.org/>;

<https://www.facebook.com/pages/Parenting-with-Heart-Soul/383945804969328>

Try it risk free - Register and come to the first class and explore Positive Discipline, full refunds are available through October 10th.