

Conscious Discipline for Families

When:

Wednesdays, 6:00 - 8:00 p.m.
January 16th, 23rd, and 30th,
February 6th, 13th, 20th and 27th.

Where:

- Dinner: Presbyterian Friendship Center (1204 Spring Ave. 6-6:45pm.)
- Class: Fireside Room, First Presbyterian Church.(1308 Washington Ave. 6:45-8pm.)

Dinner and childcare are provided at no cost to the participant!

- ★ *Be the Person You Want Children to Be*
- ★ *Set Limits Respectfully*
- ★ *Notice and Connect with Children*
- ★ *Build Self-Esteem and Willpower*
- ★ *Teach Children to Manage their Emotions*
- ★ *Create Teaching Moments*
- ★ *Help Children Learn from Mistakes*

Class presented by Eastern Oregon Head Start and sponsored by the Oregon Parenting Education Collaborative and the First Presbyterian Church of La Grande.

This class series is
FREE

Includes Dinner and
Childcare at no cost!

Register by calling:
541-910-6280
Or
541-975-4107

*Pre-registration required



*“The messages
we send our
children today
will be the
messages they
tell themselves
tomorrow ”*

-Dr. Becky Bailey