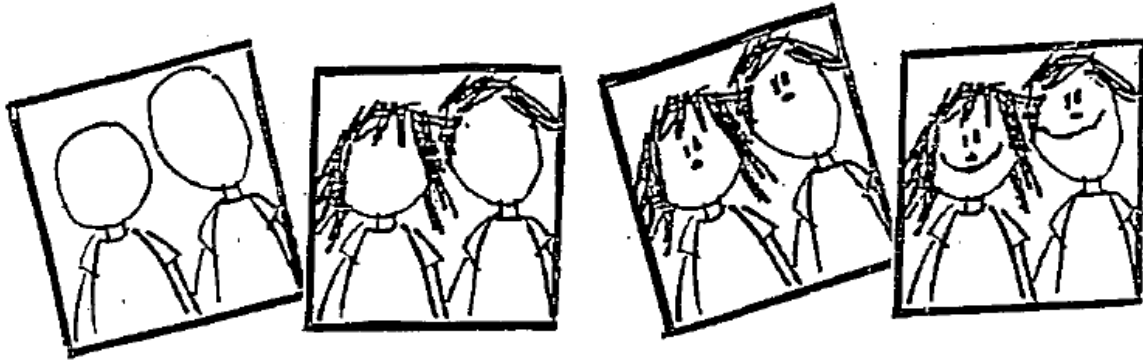


The Irvine Family Resource Center presents



Building Capable Young People with **POSITIVE DISCIPLINE**

Experience profound improvement in your relationships with young people, elementary school to high school

As parents and caregivers of growing young people, we are all wondering what we can do to help our children become capable people who have the capacity to live effectively. Take one of these helpful **6 week classes** and you will learn to use **POSITIVE DISCIPLINE** strategies with children and teenagers. Many parents have said that learning these skills turned their families around:

- Build a strong foundation for life skills for the whole family
- Win cooperation and respect – for you and for them
- Avoid power struggles – follow through with dignity and respect
- Teach children how to think and solve problems in school and life
- Manage conflict and anger in healthy ways and increase connection
- Enforce your message of love with kindness and firmness at the same time
- Build resiliency for the special challenges of any developmental stage

Monday evenings from 6:30-8:30 – 6 weeks

Fall session starts October 16, 2017

Winter session starts January 29, 2018

Spring session starts April 16, 2018

Led by Vibha Arora – Certified Positive Discipline Trainer

COST: \$70 per person/\$85 couples (includes book and materials)

Sorry-No childcare available

PLEASE CALL TO REGISTER: Tracy Larson at 949-936-7501

*Classes meet in the Prevention and Intervention (formerly Guidance Resources)
Conference Room (N21) at Creekside Education Center*

