

The Irvine Family Resource Center and IUSD Guidance Resources present

Developing Capable Young People with **POSITIVE DISCIPLINE**

***Experience profound improvement in your relationships
with young people, from pre-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 this helpful **7 week class** and you will learn to use **POSITIVE DISCIPLINE** strategies with all ages. 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
- Manage conflict and anger in healthy ways and increase connection
- Enforce your message of love with kindness and firmness at the same time
- Meet the special challenges of any developmental stage

MONDAY EVENINGS – 7 pm to 9 pm for 7 weeks - Starts November 17
WEDNESDAY MORNINGS - 9:00 to 11:00 – 7 weeks - Starts November 19

Classes led by: Susan Holt, MSW - Irvine Family Resource Center
Class fills quickly – call soon!

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

TO REGISTER: Call Susan at 949-936-7987

LOCATION: Irvine Family Resource Center

