

Free 3 Hour Conscious Discipline[©] Parenting Classes

**FACT will be offering 6 classes during the
2014-2015 school year.**

September 13, 2014 Marion Public Library 9:00am-12:00pm

Composure: Taking responsibility for our own upset and in return teaching children to be responsible for their own behavior.

October 25, 2014 Centre High School 9:00am-12:00pm

Encouragement: Participants will learn how to encourage children in a positive way. It will give the participants skills to teach children about kindness, respect and social skills. Hands on connection activities will be provided.

November 22, 2014 Goessel- Location TBD 9:00am-12:00pm

Teens & Tweens: This class will be for parents of children ages 11-18. It will address how to communicate with tweens & teens and help instill respect, empathy and responsibility with their tweens & teens.

January 17, 2015 Hillsboro TBD 9:00am-12:00pm

Assertiveness & Choices: This class will teach participants how to be assertive and teach their children to use their "Big voices" in a respectful way. Skills on how to handle bullying will be addressed. Setting family goals will also be addressed

February 21, 2015 Peabody TBD 9:00am-12:00pm

Empathy & Positive Intent: This class will help participants teach their children how to see the best in others. It will give parents the skills to see the best in their child, provide empathy and discover what their feelings are.

March 28, 2015 Goessel TBD 9:00am-12:00pm

Consequences & Responsibility: This class will teach parents positive consequences/discipline and give them ideas to help their child learn responsibility. Parents will have the opportunity to make family chore lists and responsibilities and talk about family goals and rules.

- Free childcare and snacks will be provided!
- Children will participate in a family activity at the end of each class except for the Teen & Tween Class.

To register, contact:
Rachel Boden
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(620) 327-4198

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