



Conscious Discipline Classes

Dr. Becky Bailey Video Series

When: Thursdays 5:00-7:00pm April 5th, 12th, 19th, 27th

Where: Sidney PAL Family Resource Center
21 Liberty St. Civic Center Room 205

For parents and caregivers to learn using Conscious Discipline® - a research based program for anyone who has young children or works with young children and their families.

This video series is interactive. You will leave with positive discipline techniques for teaching self control, conflict resolution, and character development. Topics include: The Brain, Composure, Encouragement, Assertiveness, Choices, Positive Intent, Empathy & Consequences.

Phone: (607) 563-4303 call to register or for more information

*Daycare is available ☺

*refreshments provided

Classes are free but have limited space so call to reserve your spot.