

Conscious Parenting: From Chaos to Calm

Join us for an introduction to Conscious Discipline, where parents will learn life-changing skills that decrease problem behavior, power struggles and aggression, while increasing resilience, emotional health and achievement. Conscious Discipline meets families where they are and empowers them to experience success.

Child care is provided at no charge, but parents must call to register.



Composure: Being the Person You Want Children to Become

- Tuesday, January 15, 6–7:30 p.m. at Messiah Lighthouse Child and Family Development Center, 925 E. Seminole St. Dinner provided at 5:30 p.m. Call 887-3545, ext. 210 to register.
- Saturday, February 9, 10–11:30 a.m. at the Library Center, 4653 S. Campbell Ave. Registration begins January 11; call 616-0563.

Assertiveness: Setting Limits Respectfully

- Saturday, March 16, 10–11:30 a.m. at the Library Center, 4653 S. Campbell Ave. Registration begins March 1; call 616-0563.
- Tuesday, April 9, 6–7:30 p.m. in the Lighthouse Child and Family Development Center at Life 360 Fairbanks Campus, 1126 N. Broadway Ave. Dinner provided. Call 887-3545, ext. 210 to register.



Presented in partnership with The One Stop for Early Childhood, Community Partnership of the Ozarks and, Lighthouse Child and Family Development Center.