

# Conscious Parenting:

Join us to learn about 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.



**Location: Campbell Early Childhood Center  
506 S. Grant Avenue, Springfield**

**5:30pm dinner and session from 6:00-7:30pm  
Child care with limited availability. Must pre-register.**

**Registration is required for all sessions.** Call 887-3545, ext 210 to register and for more information. If you register after the deadline you will not have access to child care, food or training materials.

**February 20, 2020**

Registration deadline February 19

Composure: Being the Person You Want Children to Become

**March 12, 2020**

Registration deadline March 10

Assertiveness: Setting Limits Respectfully

**April 16, 2020**

Registration deadline April 14

Encouragement: Noticing, Accepting and Connecting with Children

**May 14, 2020**

Registration deadline May 12

Choices: Building Self-Esteem and Willpower

Hosted by:



Funded by:



**Additional 2020 Conscious Parenting Sessions**  
For information visit: [www.cozarks.org/theonestop](http://www.cozarks.org/theonestop)  
You MUST pre-register at: 417-887-3545, ext. 210

**Composure:** Being the Person You Want Children to Become  
(Series Session #1)

- February 20<sup>th</sup> at Campbell Early Childhood Center
- September 30<sup>th</sup> at The Connecting Grounds

**Assertiveness:** Setting Limits Respectfully  
(Series Session #2)

- March 12<sup>th</sup> at Campbell Early Childhood Center
- November 18<sup>th</sup> at The Connecting Grounds

**Encouragement:** Noticing, Accepting and Connecting with Children  
(Series Session #3)

- April 16<sup>th</sup> at Campbell Early Childhood Center

**Choices:** Building Self-Esteem and Willpower  
(Series Session #4)

- May 14<sup>th</sup> at Campbell Early Childhood Center

**Empathy:** Teaching Children to Manage Their Emotions  
(Series Session #6)

- March 25<sup>th</sup> at The Connecting Grounds
- April 4<sup>th</sup> at the Library Center
- April 21<sup>st</sup> at OTC Early Childhood Center

**Positive Intent:** Creating Teaching Moments  
(Series Session #7)

- May 27<sup>th</sup> at The Connecting Grounds
- June 16<sup>th</sup> at Life360 Fairbanks Campus
- July 11<sup>th</sup> at the Library Center

**Consequences:** Helping Children Learn from Their Mistakes  
(Series Session #8)

- July 29<sup>th</sup> at The Connecting Grounds
- August 11<sup>th</sup> at Messiah Lighthouse
- September 12<sup>th</sup> at the Library Center