

Conscious Parenting: From Chaos to Calm

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.



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.

Composure, Part 2: Being the Person You Want Children to Become

- **Tuesday, January 21, 6–7:30 p.m.** at Messiah Lighthouse Child & Family Development Center, 925 E. Seminole St. Dinner provided at 5:30 p.m. *Registration deadline: January 17.*
- **Saturday, February 1, 10–11:30 a.m.** at the Library Center, 4653 S. Campbell Ave. *Registration deadline: January 30.*

Empathy: Teaching Children to Manage Their Emotions

- **Saturday, April 4, 10–11:30 a.m.** at the Library Center, 4653 S. Campbell Ave. *Registration deadline: April 2.*
- **Tuesday, April 21, 6–7:30 p.m.** at the OTC Early Childhood Education Center, 936 N. Hampton Ave. Dinner provided at 5:30 p.m. *Registration deadline: April 17.*



This series is presented by the following partners: Springfield-Greene County Library District, One Stop for Early Childhood, Community Partnership of the Ozarks, Messiah Lighthouse Child & Family Development Center and OTC Early Childhood Center.

Additional 2020 Conscious Parenting Sessions
For information visit: 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 20th at Campbell Early Childhood Center
- September 30th at The Connecting Grounds

Assertiveness: Setting Limits Respectfully
(Series Session #2)

- March 12th at Campbell Early Childhood Center
- November 18th at The Connecting Grounds

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

- April 16th at Campbell Early Childhood Center

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

- May 14th at Campbell Early Childhood Center

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

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

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

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

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

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