

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.



All sessions will take place via Zoom from 6:00 – 7:30 pm.

Space is limited and pre-registration is required to receive the online workshop information to participate.

To register and for more information, email onestop@ccoarks.org or call 887-3545, ext. 303

September 17, 2020

Introduction to Conscious Parenting

October 15, 2020

Composure: Being the Person You Want Children to Become

November 19, 2020

Assertiveness: Setting Limits Respectfully

December 10, 2020

Encouragement: Noticing, Accepting and Connecting with Children

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