



FREE CONSCIOUS DISCIPLINE TRAINING

for parents

CCFN

Hosted by: Calvert County Family Network

**THIS WORKSHOP IS FREE!
FREE CHILDCARE PROVIDED.**

AMY SPEIDEL, MASTER INSTRUCTOR

The Slow and Steady Road to Resiliency

What does it take for children to learn how to weather the general frustrations they face every day? Resilience! In this workshop, you'll learn how support from adults helps children learn to bounce back in the wake of disappointment. The workshop will provide parents with tools to choose messages and strategies that strengthen impulse control and encourage emotional maturity. By using Conscious Discipline, parents are able to guide children toward acceptance of the daily frustrations we all face.

Participants will receive free instructional materials to use at home!

For questions regarding
registration call: **410-414-5997**



To register scan the QR code or go to:
calvertcountymd.gov/ConsciousDisciplineParents

 **Conscious
Discipline®**

CCFN
Calvert County Family Network

SATURDAY, MAY 6, 2023

4 - 6 P.M. | REFRESHMENTS WILL BE PROVIDED.

**COLLEGE OF SOUTHERN MARYLAND
115 JW WILLIAMS ROAD,
PRINCE FREDERICK MD
BUILDING B, ROOM 103**

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