

Positive Discipline Workshops

Monthly, Community Support & Encouragement
Fun, Experiential Activities that Open the Heart
Inspiring More Love & Connection in ALL Our Relationships



Sunday, Nov 30th, 1:30–4:30pm

Jan 25th Feb 22nd March 22nd April 19th

Transform Challenges into Opportunities to Guide Positive Life Skills
*** COOPERATION * SELF-ESTEEM * SELF-REGULATION ***
Encourage the BEST in YOURSELF AND YOUR FAMILY/CLASSROOM

FEE PER WORKSHOP: \$30 & \$15/Add'l Parenting Partner

MATERIALS: New PD Workbook, Book & Tool Cards \$45

CHILDCARE: \$6/child & \$10/family

RSVP REQUIRED: lightsupport@cox.net or 619.337.8544

LOCATION: Red Room Next to Kindergardens
4207 Spring Gardens Road, La Mesa, CA 91941

Facilitator & Sparrow Parent: Anjanette Sorensen, NP, HHP, IYT
Certified Positive Discipline Educator, Trainer Candidate & Wellness Coach

