

**Safety.
Connection.
Problem-
Solving.**



Conscious Discipline®

A Positive and Peaceful Approach to Parenting!

Parenting is one of the most important jobs we all have, yet we receive very little training for it. Conscious Discipline is an adult-based intervention with child-based outcomes. Through this social-emotional program, we learn how to "discipline" ourselves to help our children learn. Mark your calendars today!

Who Should Attend:

Parents of students in PreK-2nd grade

When:

Thursday, March 9, 2023
5:30 Dinner
6:00—7:00pm Program

Where:

Sebastian Middle School
2955 Lewis Speedway
St. Augustine, FL 32084

Cost: FREE

Childcare for ages 3+ provided!

During this session, you will learn about:

- ♦ The Brain State Model to help understand how your state dictates your child's state
- ♦ How to manage your own emotions to better respond to challenging behaviors
- ♦ An introduction to the process of self-regulation
- ♦ Make & Takes that can be used at home when practicing breathing strategies
- ♦ Giveaways including Conscious Discipline Products!
- ♦ Dinner will be provided

RSVP by Friday, March 3rd using the [Link](#) or QR code provided



**Include your child's name, school, and grade level if you need childcare.
One child per registered adult. Childcare is first come, first serve and
will fill up quickly.**



This event is being presented by SJCS
Accountability and Intervention Services, Student Services,
Early Childhood, and Community Relations
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