

Positive Discipline Strategies

Facilitated by

Carla Charraga

**TUESDAY
JANUARY 22ND**



5:15 - 7:15pm

**Dinner and child care
are provided!**

**Mt. Shasta Community Resource Center
109 E. Lake Street, Mt. Shasta**

Yes! It is possible to maintain a positive connection with your children and build their self-esteem as you discipline them!

In this workshop, Carla will discuss the benefits of having rules within your household and how they can encourage responsibility in your children. Also, there will be discussion about what you can do if rules are broken so that you can positively address the inevitable discipline challenges that arise.

Carla is currently the Deputy Director of the Siskiyou Domestic Violence and Crisis Center, is fluent in English and Spanish, and is a certified Anger Replacement Therapy (ART) Facilitator.



**To register for this free workshop, please call
the Mt. Shasta Community Resource Center at 926-1400.**

