

## CONSCIOUS DISCIPLINE

## SKILLS SERIES

Arbor Circle is bringing parenting/care-giving and professional support to you! Join us for our virtual conscious discipline skills series. In this series we will discuss the different skills presenting in the conscious discipline curriculum. Sessions are stand-alone - join us for as many as you'd like!

## upcoming sessions:

Sessions are the THIRD TUESDAY of every month from

7:30pm-8:30pm via ZOOM

Skills that will be covered:

Time in/Safe Place (May 16th)

Encouragement (June 20th)

Skill of Consequences (July 18th)

I Love You Rituals (August 15th)

Power of Assertiveness (September 19th)





## contact:

Nikki Reenders-Arens nreenders-arens@arborcircle.org 616-745-9511

