

**PARENTING THROUGH DIFFICULT TIMES
HOW TO THRIVE RATHER THAN JUST SURVIVE**

**Are your children engaging
in more challenging
behaviours right now? Are
you feeling more reactive and
less patient than ever?**



**Join us weekly via Zoom to help understand
behaviour better and shine a light on how we can
turn this unique time in our lives into something that
we don't just survive, but rather THRIVE.**

Sarah Joseph is a Certified Positive Discipline Trainer and Family Therapist. She has been teaching Families, Educators and Childcare Providers Positive Discipline tools in our community for the past five years. She is also the author of the Amazon Best-Selling children's book *The Animals in my Brain*, A Kid's guide to understanding and controlling their behaviour.

Elementary: Monday's 8:00pm~ Starting May 4th

- 1) Calming an Upset Child in 3 Easy Steps
- 2) Establishing New Routines
- 3) Making Family Time a Priority
- 4) Increasing Cooperation
- 5) Responding Instead of Reacting
- 6) How to Turn Mistakes into Opportunities

Secondary: Wednesday's 8:00pm~ Starting May 6th

- 1) Recognizing and Responding to Grief and Anxiety
- 2) Co-Creating Routines & Structure
- 3) Gaining Cooperation through Connection & Contribution
- 4) Problem Solving Together & Making Agreements
- 5) Responding instead of Reacting
- 6) Parenting from Fear or Love & Faith



[CLICK HERE TO REGISTER](#)

A Zoom invite will be sent to you following registration!