

**PLEASE JOIN US FOR OUR
FREE PARENT EDUCATION EVENT!**



Positive Discipline
facilitated by Heather Collins
Certified Positive Discipline Parent Educator
& PES Junior Kindergarten Teacher

Tuesday, October 18
6:00 p.m. - 8:00 p.m.

Palisades Episcopal School
13120 Grand Palisades Parkway
Charlotte, NC 28278

Join us for an informative workshop on the benefits of ***Positive Discipline***, a program designed to teach young people to become responsible, respectful and resourceful members of their communities. Parents will learn strategies and practices for parenting that are research based and will empower them as parents to lead their children to be problem solvers.

Topics of discussion will include:

- Being kind and firm at the same time
- Empowering versus enabling
- Utilizing a "Positive Time Out"
- Finding the belief behind the behavior
- Creating a "Wheel of Choice" with your child
- Finding solutions together with family meetings

Heather Collins holds a Bachelor of Science degree in Education from Ohio University in Athens, Ohio, and received her MA from Otterbein College in Reading Education with a concentration in reading endorsement. She has also completed the Orton-Gillingham Institute for Multi-Sensory Training. Mrs. Collins has several years experience teaching kindergarten, first grade and junior kindergarten. She loves teaching and focusing on each child as an individual, using varied teaching approaches to ensure all learning styles are met.

RSVPs required.
Dinner and Childcare provided.

Please RSVP to Catherine Stovcsik
at cstovcsik@pescharlotte.org or 704.583.1825 by October 13.

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