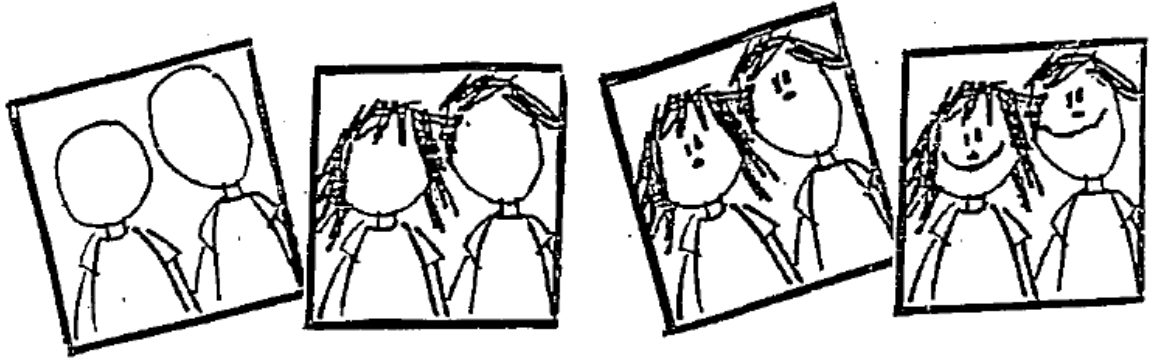


*The Irvine Family Resource Center presents*



## Building Capable Young People with **POSITIVE DISCIPLINE**

*Experience profound improvement in your relationships  
with young people, elementary school to high school*

As parents and caregivers of growing young people, we are all wondering what we can do to help our children become capable people who have the capacity to live effectively. Take one of these helpful 7 week classes and you will learn to use **POSITIVE DISCIPLINE** strategies with children and teenagers. Many parents have said that learning these skills turned their families around:

- Build a strong foundation for life skills for the whole family
  - Win cooperation and respect – for you and for them
  - Avoid power struggles – follow through with dignity and respect
  - Teach children how to think and solve problems in school and life
  - Manage conflict and anger in healthy ways and increase connection
  - Enforce your message of love with kindness and firmness at the same time
  - Build resiliency for the special challenges of any developmental stage
- **POSITIVE DISCIPLINE FOR PARENTS OF K-12**  
**Monday evenings from 6:00-8:00 - starts January 23, 2012**

*Led by Vibha Galal at Creekside Education Center – room N21*

**COST:** \$50 per person/\$65 for couples (includes book and materials)  
**PLEASE CALL TO REGISTER:** Call Susan at 949-936-7502

