

Community Education

With The Portland Montessori School

Positive Discipline Parenting Course

Coming in December 2024!

At The Portland Montessori School

Facilitator: Julia Tomes is a former elementary and middle school teacher, parent educator since 2008, and a Certified Positive Discipline Trainer.

Three classes will be held in December, and five additional (optional) classes will be held in February and March.

*Please join us!
Sign-up here:*



To learn more about
Positive Discipline go to
www.positivediscipline.org

3 Classes:

\$60 per person/\$75 per couple

Covers the following:

The Positive Discipline tools, specifically focusing on learning how we help children (and ourselves) regulate, how we build strong relationships with children, and how we problem solve with children with kind and firm follow through.

This is a supportive class that will help parents feel more connected to their children and community in which they will learn tools that are helpful for all relationships.

Class Dates:

- » December 3
- » December 10
- » December 17

Pick which time is best for you:

1:00–3:15pm *OR* 5:30–7:45pm

8 Classes:

\$130 per person/\$170 per couple

Covers the following:

In addition to the content of the first three weeks, we will more deeply explore why children do what they do through the 4 Mistaken Goals of Behavior by Rudolf Dreikurs; support one another each week through the Parents-Helping-Parents Problem Solving Steps; learn how to create effective routines with children; and implement regular family meetings.

Class Dates:

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| » December 3 | » February 11 |
| » December 10 | » February 18 |
| » December 17 | » February 25 |
| » February 4 | » March 4 |

Pick which time is best for you:

1:00–3:15pm *OR* 5:30–7:45pm