

Community Education

With The Portland Montessori School

POSITIVE DISCIPLINE PARENTING COURSE

8 WEEK COURSE:

COST: \$200 per person/\$300 per couple (Sliding scale available, just ask Julia.)
(Two spaces available for Preschool Promise Families: \$20 each)

CHILDCARE AVAILABLE: \$10 per child, per class

Parenting is difficult work. Often parents feel alone as they navigate the massive flow of information telling them the best way to parent. Society can feel judgmental and it's even harder when two parents can't agree on how to best raise their children. Wouldn't it be wonderful to have a space where you could find trustworthy support and resources in community with other parents? If so, please join me for a class that can help you explore the complexities of being a parent that will help you create the healthy relationship you want with your child(ren) without judgment or expectations of perfection.

In this 8 week hands-on and experiential class we will learn:

- About attachment (how it forms, why it matters, and how yours effects theirs)
- Tools for self regulation (for yourself and for your child)
- Skills for communication and problem solving (between you and your child and between siblings)
- How to cultivate a growth mindset
- How to maintain a relationship through challenging times
- How to be your child's best influence

Each week will provide opportunities for group learning and reflection so that you can find your path to being the parent you want to be in a safe and supportive community environment. Families with children of all ages are welcome.

This class is based upon the work of psychologists Alfred Adler and Rudolf Dreikurs, and Jane Nelson and Lynn Lott, authors of the Positive Discipline series. Current research on brain science and trauma informed practices are woven throughout the course.

CLASS DATES:

(THURS 6–8:15pm)

- » Oct 15
- » Oct 22
- » Oct 29
- » Nov 5
- » Nov 12
- » Nov 19
- » Dec 3
- » Dec 10

*Please join us!
Sign-up here:*



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



FACILITATOR: Julia Tomes is a former elementary and middle school teacher, parent educator since 2008, and a Certified Positive Discipline Trainer.
Learn more at www.juliatomes.com