



Positive Discipline Community Resources

Transforming Lives Through Respectful Relationships!



Parenting Classes

Positive Discipline Community Resources (PDCR) is a local nonprofit dedicated to helping parents with respectful and effective tools that honor both the child and adult. We provide instructional classes, support groups, and one-on-one coaching. For more class info call 831-476-7284 x107 or visit

www.pdcrsantacruz.org

Download **FREE TIP SHEETS** online on:

**Routines | Mealtimes | Tantrums | Encouragement
Positive Time Out | Sharing | Family Meetings**

www.pdcrsantacruz.org/support-for-families/

PARENTING YOUNGER & SCHOOL AGE CHILDREN

All Together Now! Ongoing group for parents and children 9 to 30 months old, Wednesdays, 9-11 AM, \$3-7 sliding scale (no one turned away) at Live Oak CR, 831-476-7284 x105

Saturday Topicals on Positive Discipline, 10AM-noon, \$20, at Live Oak CR, 831-476-7284 x 107 or pdcrsantacruz.org. Scholarships/Childcare available

The Parents' Role in Sibling Relationships - Oct. 3
Single Parenting - Nov. 21

8 Week Series at Live Oak Community Resources Tues., 6:30-8:30 PM, \$80/8wk series, register at 831-476-7284 x107 or pdcrsantacruz.org. Scholarships/Childcare available

PD for Parents of Preschoolers - Aug. 25 to Oct. 13
Navigating the School Years with PD - Oct. 20 to Dec. 8

Positive Discipline for Parents, Caregivers & Teachers of Special Needs Children, 4 Thursdays, Oct. 1, 8, 15 & 22 9:30 AM - 12:30 PM, \$85 before 9/14 (\$92 after) at Cabrillo Register www.cabrillo.edu/services/extension/parenting.html

Positive Discipline for LGBTQ Families, 3 Thursdays, October 15, 22 & 29, 6:30-9 PM, \$75 before 9/14 (\$85 after) Register www.cabrillo.edu/services/extension/parenting.html

PROFESSIONAL DEVELOPMENT

Mentor's Group for Positive Discipline Facilitators monthly, no cost and drop-in, call 831-239-5543 for dates

WHAT IS POSITIVE DISCIPLINE?

Positive Discipline is more than just a parenting method, it's a whole approach to human development for adults and children, that focuses on solutions! The curriculum and experiential activities are based in brain research, developmentally appropriate, and culturally conscious.

FOUNDATION of Positive Discipline means children are motivated by a desire to feel belonging and significance and often do better when they feel better!

COMMUNICATION is mutually respectful. Positive Discipline stresses the need for kindness and firmness at the same time.

DISCIPLINE really means to teach. Our children are learning from us all the time so we teach by modeling respect.

PARENTING TEENS

Navigating the Teen Years

8 Tuesdays, October 6th to November 24th, 7-9PM, \$80 for the series plus \$20 for materials and book at SC Adult School. Registration opens in August, call 831-429-3966

Cabrillo Teen Saturday Series (take one, two or all three!) \$28/class or \$75 for all three before 9/14 (\$32 and \$85 after) Register www.cabrillo.edu/services/extension/parenting.html

The New Territory of the Teenage Years - Oct. 10
Preparing Your Teen for Their Future - Oct. 24
Parents & Teens Together, Setting the Course - Nov. 7

Parent Support Group: For Parents of Teens

Monthly group, every last Wed. of the month, 6:30-8 PM, no cost, at 840 N. Branciforte Ave, BSSC library, drop-in

SPANISH SPEAKING CLASSES

Saturday Parent Learning and Support Group, 10AM-noon, and \$20/each, scholarships and childcare available. Register at 831-476-2784 x107 or pdcrsantacruz.org

Fall 2015

Sept. 5 - **Family Meetings**
Oct. 12 - **Positive Time Out**
Nov. 7 - **Tantrums**

Spring 2016

February 6 - **Routines**
March 5 - **Encouragement**
April 2 - **Sharing**
May 7 - **Mealtimes**

¡El Patio de mi Casa! ongoing group for parents and kids 0-5 years old, Wednesdays, 11AM-1PM, \$3-7 sliding scale, no one turned away, at Live Oak CR, 831-476-7284 x105

Spanish Mentor's Group for Positive Discipline

Facilitators, Saturday, August 29, 10 AM-noon, Castroville Library, no cost, drop-in, call 831.247.0718 for information.