

**Bet Shira Early Childhood Center**  
**CONSCIOUS DISCIPLINE MONTHLY WORKSHOPS**  
**2009-2010**

<b>Conscious Discipline© FROM CRAZY TO CALM</b>		
<b>Date</b>	<b>Time</b>	<b>Topic</b>
Thursday January 14, 2010 Thursday	9:00 a.m.	Get to Know your Child! An Introduction to "Brain Smart" Parenting
Thursday February 11, 2010	9:00 a.m.	"I Will Stay Calm!" A Resolution for the New Year Composure
Thursday March 4, 2010	9:00 a.m.	Words from the Heart Encouragement
Thursday April 15, 2010	9:00 a.m.	Say "No" and Mean It! Assertiveness
Thursday April 29, 2010	9:00 a.m.	"You may do as I say or You may do as I say!" Positive Choices
<p>Based on current brain research, Becky Bailey's Conscious Discipline© is a comprehensive social and emotional intelligence program that empowers teachers, students and parents. All are invited to join Dr. Judi Gampel and Terri Reynolds and shift gears from reactive to responsive parenting techniques. It's a journey that begins in your heart!</p>		

(800) 842-2846 [ConsciousDiscipline.com](http://ConsciousDiscipline.com)

