



Conscious  
Discipline™

## MONTHLY WORKSHOP

**Weds. December 7th, 6-7:30PM**  
CES Conference Room (In-person, free childcare)

### THE SKILL OF CHOICE & THE POWER OF FREE WILL

**Help your children choose between two positive options so they can exert free will while operating within the safe limit we set for them.**

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**Learn the language that helps your children move to the higher center of their brains and make choices in their lives that are helpful to them and create peace over chaos.**

**Choosing cooperation instead of resistance!**

**Facilitated by: Joy Lenares, Family Empowerment Facilitator**

**Be sure to register each month. Free Childcare provided!**

**Join in at any time for any or all sessions that interest you!**



Growing  
Stronger  
Together

**Registration NOW open! Childcare provided.**  
**[ColchesterC3.jumbula.com/#/caregiver-programs](https://ColchesterC3.jumbula.com/#/caregiver-programs)**