

\*Rescheduled from February!\*



Conscious  
Discipline

## MONTHLY WORKSHOP

**Weds. March 1st 6-7:30PM**

**CES Conference Room (in-person)**

### THE SKILL OF ENCOURAGEMENT

**Notice instead of judge.**

### THE POWER OF UNITY

**We are all in this together.**



Encouragement is a dose of hope that we all need to feel united and connected to others. When we encourage, we are Noticing, Accepting and Connecting with our children.

In this workshop, you will learn methods and language to create a felt sense of safety, belonging and value for your children, and yourselves.

**This is a powerful skill!**

**We feel better when we know that we matter!**

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

**Be sure to register each month.**

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



Growing  
Stronger  
Together

**Registration NOW open!**

**Sign up for FREE childcare when you register!**

**[ColchesterC3.jumbula.com/#/caregiver-programs](https://colchesterC3.jumbula.com/#/caregiver-programs)**