

Do you want to take your family from good to great?

Do you want to learn the secrets of communication to get your kids to listen and cooperate?

Do you want your children to be responsible, respectful and resourceful members of society?

Do you want to parent with confidence, ease and fun?

You can do it!



Positive Discipline Parenting Series!

6-week series begins Thursday, 2/20! Register early-course fills!

Peter Kirk Elementary



Thursdays 6:45pm-8:45pm

Cost is \$150 individual, \$200 per couple (includes course book and handout)

Taught by Kristin Nasman, M.Ed, Bellevue College Instructor and PD Trainer

This six-week Positive Discipline parenting course is for parents of children who want to parent with firmness and kindness and be effective in teaching their child important social and life skills. Positive Discipline is a long-standing parenting program that teaches foundational parenting principles to guide your family through all stages of parenting. In this class you will become equipped with practical tools that can be implemented immediately and deep principles to guide your parenting decisions in the future. This course is interactive and fun and designed to help you be the powerful influencer and leader in your child's life.

Register at kristinnasman@hotmail.com

For more info call Kristin at 206 910-0084