



Positive Discipline Community Resources

Transforming Lives Through Respectful Relationships!



Download **FREE TIP SHEETS** online on:
www.pdcrc.org/tip-sheets

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

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!

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.

To register: tinyurl.com/PDCRfallclasses We are here for you, let's connect.
Call: 831-476-7284 x107 | Text: 831-292-4088 | Email: stephanie@pdcrc.org

Parenting Classes

Why Join? Because, we can all use support, compassion, tools and strategies that will support creating healthy, respectful boundaries/routines, AND support a stronger connection with our loved ones to instill life and social skills for both navigating this pandemic, and beyond.

Navigating "these" School Years with PD **Tuesdays 6pm, Nov. 03- Nov. 24**

This 4-week virtual support and learning group will bring you everything from how to address and mitigate distance learning challenges with kindness and firmness at the same time, and learn how to seek cooperation with your 6-12 year olds.

Zoom Meeting ID: 852 2279 1704

Navigating the Teen Years with PD **Thursdays 6pm, Nov. 5 – Dec. 17**

This 4-week virtual parenting class series will include mutually respectful tools and skills to strengthen your relationships with the teens in your life (for young adults ages 13-18+).

Zoom Meeting ID: 875 7522 3925

Juvenile Justice Involved Support Groups **Mondays – 6pm to 8pm**

Support groups for youth ages 13-18+ as they reenter their homes, and encourage them to find belonging and significance in positive ways, communication, self-regulation skills and gain a better understanding of what triggers and motivates them.

****Optional** weekly Adult compassionate listening group available as well for natural support persons in their life

Adult Probation Parenting Classes **Tuesdays 3-4pm(English)**

Ongoing classes and support groups for parents seeking to reunify with their families and children. Gain essential trauma informed skills and tools for parenting with mutual respect. This class is for you if you have been seeking support/ have a court order.

****additional weekly support groups for families with self-identified at-risk youth available soon! Express interest/availability, don't wait until get support now!**



Santa Cruz City Schools (SCCS)

**Ongoing for this District ALL year! Positive Discipline
Family Support and Networking Sessions from 7-8pm**

These are drop in topical workshops relevant for all ages, register to learn each week's topic!

Join us via Zoom every Tuesday:

zoom.us/j/87267674828 password: SCCS