

Create the Family of Your Dreams

with Parenting Education Opportunities at RBCPC Preschool

3 Free Workshops:

“No I Won't & You Can't Make Me” Workshop November 3, 2011

Do you feel like you hear “no” more than any other word? Learn tools to reduce a child’s need for power struggles and to disengage from the struggles when they occur.

“What To Do When Your Kids Drive You Crazy” Workshop January 17, 2012

Learn new tools as alternatives to nagging, yelling & threatening, and learn how to model self-control

Consequences That Work Workshop February 9, 2012

Are you tired of giving timeouts and seeing no change in your child’s behavior? Learn how to use natural and logical consequences to raise a more responsible, cooperative child.

Workshops are held 6:00-8:00pm at RBCPC in Rooms 254-255. RSVP to Shanie@ShanieRCB.com. For free childcare, email children’s names and ages to dfortier@rbpc.org.

Redirecting Children's Behavior (RCB)

This 6-session parenting course is designed to help you create the family of your dreams.

What PARENTS will gain:	What CHILDREN will gain from adults taking the course:
<ul style="list-style-type: none"> ✓ Reduce arguing, scolding & yelling ✓ Feel calmer & in control ✓ Learn to handle power struggles & sibling fights ✓ Learn conflict resolution skills ✓ Learn the difference between punishment, discipline & consequences 	<ul style="list-style-type: none"> ✓ Responsibility & initiative ✓ Self-control & self-calming ✓ Cooperation skills ✓ Win- win negotiation skills ✓ Resistance to peer pressure ✓ Communicate openly with dignity & respect

This course will be offered 2 times from 6:00 - 8:00pm at RBCPC:

- 6-week course: 1/24, 1/31, 2/7, 2/28, 3/6 & 3/13 (off for Valentine’s Day and President’s Week)
- Bi-weekly course: 3/1, 3/15, 3/29, 4/12, 4/26, and 5/10
- Cost: \$125 per person & \$225 per couple (plus the cost of materials)
- To register, visit www.ShanieRCB.com and click Schedule & Pricing or call Shanie at 858-699-7606
- For free childcare, email children’s names and ages to dfortier@rbpc.org
- For more information on this course, visit www.ShanieRCB.com.

These classes will be taught by Shanie Laflamme, a Certified Parent Educator with the International Network of Children and Families.

