



Raising Healthy Families: Positive Discipline

Presented by Cindy Horgan

Join Cape Cod Children's Executive Director, Cindy Horgan, in an evidence informed **Six week Parenting Education Series** designed to strengthen families while learning positive discipline principles.

Mornings ~ Jan 13, 20, 27, Feb 3, 10, 17 from 10:30 - noon
Evenings ~ Jan 14, 21, 28, Feb 4, 11, 18 from 6 - 7:30 pm

- *Learn to discipline without yelling, how to handle tantrums, understand the role of your child's temperament and why our children do what they do.*
- *Cindy provides support to caregivers of children wanting to learn how to manage the most challenging behaviors that can make the job of parenting so difficult.*
- *Sessions include resource materials that enhance your child's self-esteem and development.*
- *Improve your confidence to be the best parent possible for your child. Learn the value of family routines, how to set age appropriate limits to keep children safe.*

This program was developed by Cindy Horgan from her years of experience offering parenting classes for over 25 years.

Cape Cod Children's Place is committed to offering virtual programs for as long as necessary.

Registration required to gain access to the Zoom Link

Email: info@capecodchildrensplace.com or call 508-240-3310

For more information call or visit our Facebook Page & website capecodchildrensplace.com

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