



# Positive Discipline

Join Family Specialists, Ali Burns & Carol Biondi in a six-week, evidence-based Parenting Education Series designed to strengthen families and explore parenting styles.

- Learn to discipline without yelling, how to best handle tantrums, and how to manage the most challenging behaviors.
- Learn the value of family routines and how to set appropriate limits to keep children happy and safe.
- Sessions will include resource materials that enhance your child's self-esteem and social-emotional development as well as improving your confidence to be the best possible parent for your child.

*10:00 - 11:30am*

*Tuesday, October 3rd - November 7th*

*Virtual Sessions*

**To register, call Cape Cod Children's Place**

**508-240-3310**

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