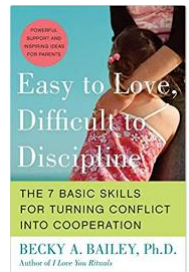


**Introduction to Conscious Discipline: Parent Series**

*Presented by Cheryl Cotter M.Ed. Certified Instructor*

Empowering Educators has partnered with Atlantis Charter School to offer a 5-week parent series. Classes are based on the concepts of Conscious Discipline featured in the award-winning book **Easy to Love, Difficult to Discipline** written by Dr. Becky Bailey, an internationally renowned expert in child developmental psychology. Conscious Discipline, a program on the National Registry of Evidence-based Programs and Practices (NREPP), is a brain based, trauma- informed approach to social emotional learning. Conscious Discipline is the only program on the market that addresses the adult’s skills of self-regulation during upset moments. The adult’s response has an impact in teaching children how to manage their emotions.



**Virtual Training: Tuesday 5:30-7:00**

DATE	TOPIC	Meeting Information to Join via Google Meet
3/02/2021	<b><u>Maintaining Our Composure</u></b> --Parents will learn the importance of managing their own thoughts, feelings and actions when responding to upset. Parents begin to see conflict as a learning opportunity versus a disruption.	Meeting ID <a href="https://meet.google.com/qdf-ydxx-pbk">meet.google.com/qdf-ydxx-pbk</a> Phone Numbers <a href="tel:+12247020023">(US)+1 224-702-0023</a> PIN: 348 952 446#
3/9/2021	<b><u>What’s My Tone: Using an Assertive Voice</u></b> --Parents will learn about saying “no” and being heard.	Meeting ID <a href="https://meet.google.com/rtj-nirg-rap">meet.google.com/rtj-nirg-rap</a> Phone Numbers <a href="tel:+12525900124">(US)+1 252-590-0124</a> PIN: 103 069 908#
3/23/2021	<b><u>Choices for Children</u></b> --Parents will learn about the power of 2 acceptable choices in reducing power struggles.	Meeting ID <a href="https://meet.google.com/tcn-quxk-cyg">meet.google.com/tcn-quxk-cyg</a> Phone Numbers <a href="tel:+17752984894">(US)+1 775-298-4894</a> PIN: 580 412 150#
3/30/2021	<b><u>Empathy, The Forgotten Discipline Tool</u></b> --Parents will learn about empathic reflection that help to diffuse big emotions, so the child feels heard.	Meeting ID <a href="https://meet.google.com/uqk-ussw-nzt">meet.google.com/uqk-ussw-nzt</a> Phone Numbers <a href="tel:+12028387619">(US)+1 202-838-7619</a> PIN: 576 260 826#
4/6/2021	<b><u>Pulling It All Together</u></b> --Parents will recognize they have the powers and the skills to turn everyday discipline challenges into teaching moments.	Meeting ID <a href="https://meet.google.com/gkt-absa-xwy">meet.google.com/gkt-absa-xwy</a> Phone Numbers <a href="tel:+19802924360">(US)+1 980-292-4360</a> PIN: 463 319 647#

**Please email or call Donalda to reserve your spot by Friday, February 26,2021**

**For more information or to reserve your spot, please contact:**

Donalda Silva, FCR Director

Atlantis Charter School

991 Jefferson Street, Fall River, MA 02721

508-646-6410 x1281, [donalda.silva@atlantiscs.org](mailto:donalda.silva@atlantiscs.org)

Sargent Rehabilitation Center, 800 Quaker Lane, Warwick, RI 02818 401-886-6600 (Voice &TT) Fax: 401.886-6632

[www.sargentcenter.org](http://www.sargentcenter.org)