

# Parenting Class: Positive Discipline

## Raising our children with love and firmness

**WHEN:** Tuesdays  
April 17<sup>th</sup> – June 5<sup>th</sup> 2018

**TIME:** 10:30AM-12:30PM

**WHERE:** Bothell United Methodist Church  
18515 92<sup>nd</sup> Ave NE  
Bothell, WA 98011

This is a series of classes for eight weeks for Spanish speaking parents/caregivers who want more cooperative and respectful relationships with their children.

**Cost: FREE**

Both parents and caregivers are invited to participate.

Class is facilitated in Spanish.

Registration is required. Parents/caregivers must have at least one child under the age of 6 to participate.

Limited child care available.

**For more information and to register please contact:**  
Velia Lara at 206-631-8824 or [vlara@chs-nw.org](mailto:vlara@chs-nw.org)

Are you having challenges with your children, fights between siblings, whining, problems with homework and bedtime routines, among others? Come to learn some solutions.

Learn how to:

- Be more effective as a parent and have fun in the process.
- Disciplining with kindness and firmness at the same time.
- Raising responsible and respectful children.
- Reduce power struggles.



Center for Human Services

*Building a stronger community...one family at a time.*