

What is Conscious Discipline?



Conscious Discipline is a program that uses every day life events to teach children and adults self-control, conflict resolution, character development and social skills.

It's a trauma-informed, brain-based self-regulation program rooted in neuroscience, child development research and psychology. Consciousness is greater than consequences.

Proven comprehensive approach that empowers you with skills that create a safe, connected, problem-solving environment for families.

Every adult will be given the inspiration, knowledge and skills to self-regulate and create healthy relationships for generations.

- Anger Management
- Helpfulness
- Assertiveness
- Impulse Control
- Cooperation
- Empathy
- Problem Solving

**FREE EVENT OPEN TO ALL
BELAIR FAMILIES AND STAFF**
Thursday, October 17th
6pm
Belair Library

