

Parenting With Positive Discipline

Do you find yourself saying or doing things you never imagined?
Come learn a common-sense approach to parenting that really works!

What parents are saying about the class: “It’s life changing. The class taught me not just how to be a better parent but a better person.... I love the changes.”
-Teresa, mother of 2

“Positive Discipline teaches you how to deal with your children in a constructive way during some of the most trying moments.” -Rick, father of 2

“I feel there is more peace, ease and connection. I’m feeling more open and relaxed, less triggered. We’re happier.” -Suzanne, mother of 2

When: Thursday, Feb. 9 through April 5 (**no class Feb. 23 & Mar. 22**), 7 – 9 PM

Where: St. Paul Lutheran Church
1658 Excelsior (corner of Excelsior & Woodruff), Oakland

Cost: \$200 per participant, includes Positive Discipline by Jane Nelsen and supplemental reader. Second parent/caregiver \$100.

To register: Send in registration below with a check, or email Lisa at fullhuis@gmail.com to reserve your spot and receive an e-bill, or pay to above email via PayPal.

Website: www.lisafullercoaching.com

Instructor: Lisa Fuller, M.S.W., Certified Positive Discipline Trainer, Co-active Coach, has been facilitating parenting classes in the East Bay for the past 6 years. She is a compassionate listener who is committed to empowering parents through Positive Discipline’s common sense principles. Having three children ages 15, 12 and 5, Lisa is steeped in the challenges and joys of parenting. Lisa also offers one on one coaching for parenting and life!

Questions: E-mail Lisa Fuller at fullhuis@gmail.com.

CEU’s: Course meets qualifications for 14 hrs. Continuing Education credit for MFT’s and LCSW’s as required by the California Board of Behavioral Sciences, Provider # PCE3902.

Nurses: Provider approved by the California Board of Registered Nursing, Provider #CEP 15319, for (14) Contact Hours.

Cancellations: Full refund is given if cancellation occurs two weeks prior to start of class. Within two weeks, participant may apply fee to future series.

Send below information with your check made out to *Lisa Fuller, 4069 Waterhouse Rd., Oakland, CA 94602.*

Please write clearly Name(s): _____

Address & Zip: _____

Phone: (____)_____ E-mail address: _____

Where did you hear about the class? _____