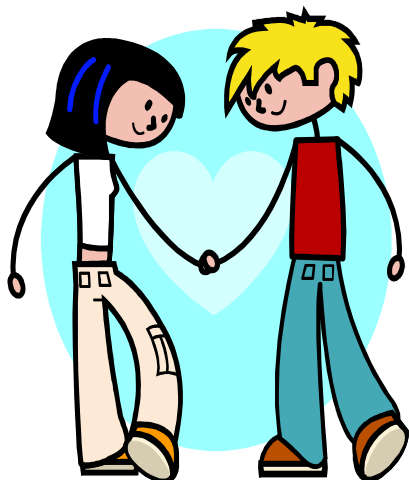


# Are You Feeling Challenged?



- ...by your kid's power struggles?
- ...with homework getting done?
- ...by their whining or attitude?
- ...by their lack of follow through?
- ...with bed time and morning routines?
- ...with sibling conflicts?
- ...with chores getting done?
- ...or something else?

**Come learn some common sense solutions...A seven session parenting class based on Positive Discipline at Norman Rockwell Elementary!**

**Positive Discipline** is for parents who are looking for **long-term parenting skills** that are filled with **non-punitive, respectful methods** that will incorporate kindness and firmness into parenting, help parents get to the core of their child's misbehavior, **bring more joy** into the home and give parents a sense of accomplishment.

**Seven Wednesdays, January 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>, February 4<sup>th</sup>, 25<sup>th</sup>, March 4<sup>th</sup>, 11<sup>th</sup>**  
**7:00-9:00pm** Class available to any parents/Caregivers living within the Lake Washington School District Boundaries.

This is a popular class with a waiting list. Please commit to attending each nightly session.

**Cost: \$15.00**, Covers book and hand-out.

Scholarship available.

**Taught by Annie Kurz, M.A., M.B.A.**

**Positive Discipline Associate, Counselor and Coach**

**akurz@integrationcounseling.com**

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## Positive Discipline Class registration

Name(s) \_\_\_\_\_

Daytime phone number \_\_\_\_\_

E-mail \_\_\_\_\_

Lake Washington School that your child(ren) attend \_\_\_\_\_

*Return, with \$15.00 check, (payable to Annie Kurz) to Norman Rockwell Elementary.*

*Space is limited and fills quickly, please return promptly to secure your spot! Also, please commit to attending at least six sessions. Empty seats mean that someone else could have attended.*