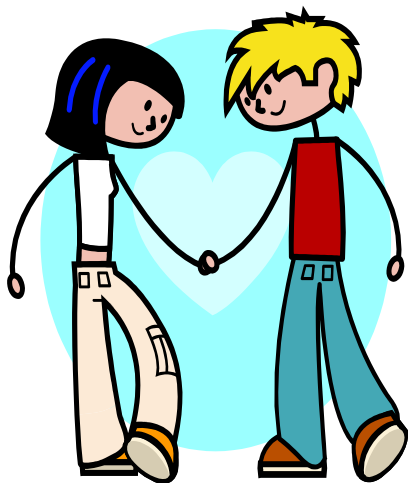


# Are You Feeling Challenged?



- ...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?

**Join us for a one night class and learn some common sense solutions to your daily parenting challenges.**

*"Parenting From the Heart;  
How to Discipline with Kindness and Firmness"*

...A one night introductory class to *Positive Discipline*. Open to all Mann parents and caregivers.

**Tuesday, November 10<sup>th</sup>, 7-8:30 pm**  
**Mann Library**

**Taught by Melanie Miller, M.Ed**  
**Certified Positive Discipline Associate,**  
**Mann School Counselor**

What a difference your class made!!! We really have so much more peace and love in our house now. Tonight at our family meeting, my son told me he appreciated me for being so loving!"

Carol. L., Parent

*In order to know how many chairs to set out, and handouts to make, please RSVP for the class with Melanie Miller, Mann School Counselor at [mmiller@lwsd.org](mailto:mmiller@lwsd.org) or 425.881.9696*