

DISCIPLINE WITHOUT PUNISHMENT: HOW IT WORKS AND WHY?

AN EMPOWERING WOMEN SERIES with Lesley-Anne Siegel



June 16th
10-11:30am
or
7pm- 8:30pm

\$15 Entrance Fee
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receipts available)

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Ever doubt whether your discipline methods are the most effective in getting you what you really want for your kids? Tired of time-outs, threats, nagging, arguing, and punishing, but don't know what else to do? Ever wonder if punishing kids gives them what they need to be successful as they grow into teens and young adults?

Get the answers to these questions and more by coming out to hear Child Behaviour Consultant Lesley-Anne Siegel speak on the benefits of non-punitive parenting. You will leave with an understanding of why punishment should no longer be your main parenting tool, and receive some helpful tools to get you started.

Lesley-Anne Siegel received her Master's degree in Child Studies from Concordia University in Montreal in 1995, and has been working with children and families in a variety of capacities since then. She has been providing private coaching to parents for the last 4 years to help parents learn and apply non-punitive parenting tools, with the goal of improving behaviours in children of all ages.



Brought to you by: Mara Quarin, CA, CFP

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