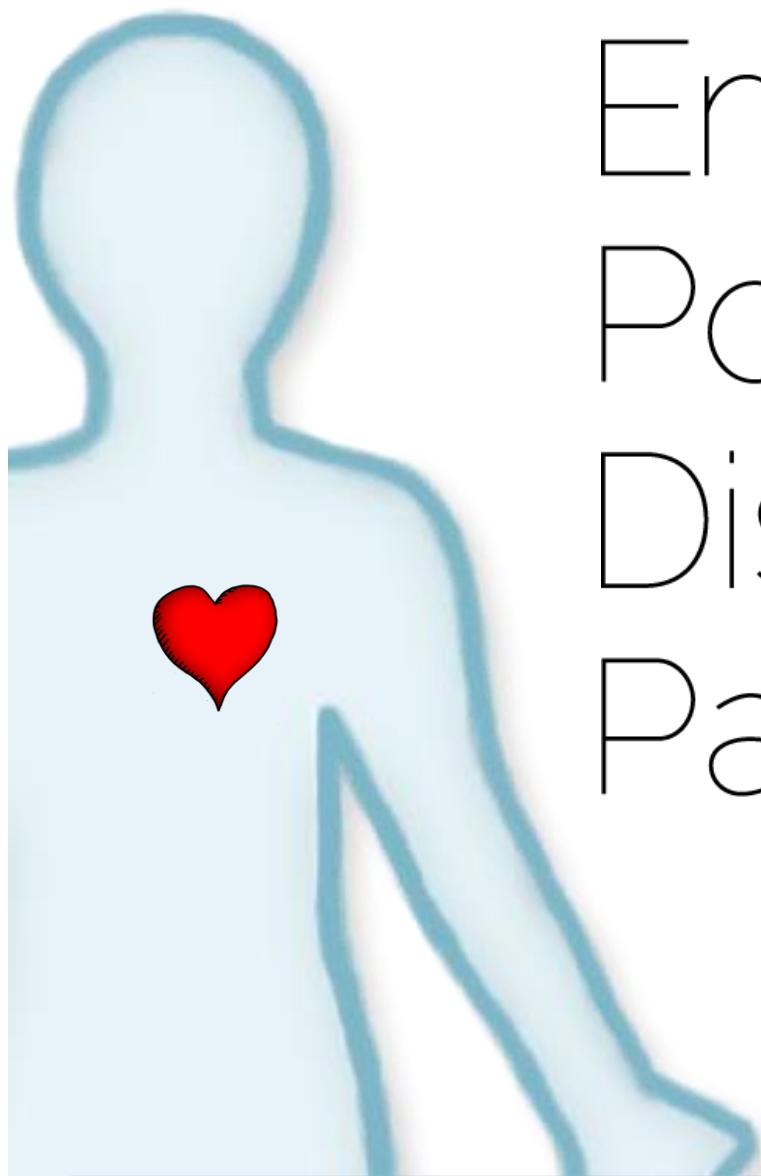


Wish your kids would listen to you?

Learn how to...



# Embody Positive Discipline Parenting

<b>When</b>	Oct 2nd & 9th, Weds 6:30-8:30pm
<b>Where</b>	319 La Fonda Ave, Santa Cruz, rm 5
<b>Who</b>	Stephanie Tam Rosas, MA
<b>Cost</b>	\$30 for full series + \$5 materials fee
<b>How</b>	call 831-429-3966 or go to <a href="http://www.adultedreg.com/santacruz">www.adultedreg.com/santacruz</a>

*Feel like you're saying one thing but your child is hearing something completely different? Wish you could communicate more effectively?*

Turns out that the vast majority of our communication is *nonverbal*, between 70-90%! This **2 class series** teaches you to HOW to get your message across, not just with your words, but with your body posture, tone of voice and other forms of nonverbal communication. Based on the parenting philosophy of **Positive Discipline**, it focuses on learning how to *actually* practice and embody the core concept of being **kind AND firm at the same time**. Open to all parents

--from never having taken a Positive Discipline course, to those looking to refine their skills. This class is fun, engaging, interactive and involves full participation. Stop struggling and **see what a huge difference transforming your communication can make across all your family relationships!**



**Stephanie Tam Rosas** is a Certified Positive Discipline Facilitator with a BA in Sociology and an MA in Counseling Psychology. She has worked as a Family Advocate and Parenting Coach for youth of all ages. She is currently on the Board of Positive Discipline Community Resources and part of a neuroscience lab at Stanford University. For mind-body connection she practices yoga and the martial art of Seibukan Jujutsu! To learn more visit [www.TamRosas.com](http://www.TamRosas.com)