

## Discipline that doesn't hurt... anyone.

- Why do my children misbehave anyway? Is it me?
  - What's the difference between discipline and punishment?
  - How can I make discipline work for my children and for me?
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Under the expert direction of Susan Duke at Family Services Ottawa, this five-week course offers an informative and interactive exploration of the challenges and opportunities facing all parents – every day.

This course is open to parents of toddlers to teens. Come and meet with other parents to discover new strategies for making parenting more effective, less stressful and more rewarding – for everyone.

Topics include: reasons for misbehaviour, communication skills, building positive relationships, discipline vs. punishment, effective discipline techniques...

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**When:** Thursdays, November 9 to December 7, 2017

6:30 p.m. to 8:30 p.m.

**Where:** Family Services Ottawa, 312 Parkdale Avenue

**Cost:** \$150.00 per person or \$275.00 per couple. Subsidies are available.

For information and registration, please contact us at 613-725-3601 extension 207 or visit us at [www.familyservicesottawa.org](http://www.familyservicesottawa.org) to register online

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**Get the *parenting edge!***