



Center for Human Services

Building a stronger community...one family at a time

17018 15th Ave NE Shoreline, WA 98155 . 206 362 7282. <https://www.chs-nw.org/>



Positive Discipline for Families Parenting Program SERIES IN ENGLISH – SPRING 2025

WHEN: Tuesdays

March 18th – April 29th, 2025

TIME: 6:30 pm – 8:30 pm

Virtual Series Online



The **Positive Discipline for Families Program in English** is a series of 7 weekly classes for parents/caregivers who want more cooperative and respectful relationships with their children. Through this program participants can learn tools to:

- Be more effective as a parent and have fun in the process.
- Discipline with kindness and firmness at the same time.
- Raise responsible and respectful children.
- Strengthen your social support network.
- Reduce your stress and strengthen your family's resilience.



REGISTRATION ONLINE

Register with QR Code:



Family Educators certified by
the Positive Discipline Association



For more information
please contact:

Velia Lara

Parenting Program Manager
vlara@chs-nw.org (206) 631-8824

Facilitators:



Velia Lara



Kelly Kaba



COST: FREE

Registration is required.

Eligibility to participate

Families must be residents of the cities of Bothell, Shoreline, Kenmore, Lake Forest Park or have a child in an Edmonds School District school.

This program is for expecting parents, families and caregivers with children of any age.

Priority will be given to families living within the cities listed above. If you are a resident of another city in King or Snohomish County, you can register and you will be placed on the waiting list. If we have a space available a staff member will contact you.