



# SouthWest Community Resource Centre

## Positive Discipline in Everyday Parenting

This 5-week parenting program will focus on long-term solutions that will develop your child's own self-discipline and life-long skills. It helps you understand how your child thinks and feels at different ages, and enjoy a stronger relationship while achieving your parenting goals.



**For children of all ages, from infancy through adolescence!**



**When:** Thursdays: 10:00 - 12:00 pm

September 19 - October 17, 2019

**Where:** SouthWest Communities Resource Center (Oakridge Co-op Shopping Center)

**Childcare will be available.**

**Call us** 403.238.9222

**Email us** [info@swcrc.ca](mailto:info@swcrc.ca)

**Visit us** #42, 2580 Southland Drive SW  
Oakridge Co-Op Shopping Centre

**Browse us** [www.swcrc.ca](http://www.swcrc.ca)

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For more information, or to register for this FREE program, phone 403.238.9222



helping people  
create better lives