

Parenting Through Difficult Times How to Thrive rather than just survive with Sarah Joseph

Are your children engaging in more challenging behaviours right now? Are you feeling more reactive and less patient than ever?

Join us weekly via Zoom to help understand behaviour better and shine a light on how we can turn this unique time in our lives into something that we don't just survive, but rather THRIVE.

Sarah Joseph is a Certified Positive Discipline Trainer and Family Therapist. She has been teaching Families, Educators and Childcare Providers Positive Discipline tools in our community for the past five years. She is also the author of the Amazon Best-Selling children's book *The Animals in my Brain*, A Kid's guide to understanding and controlling their behaviour.

Elementary: Monday's@8:00pm~ Starting September 21st, 2020

CLICK ON THE LINK TO ACCESS SESSION RECORDINGS!

1. [Kids now a days & why parenting is so hard](#)
2. [The Brain, dealing with change & Self-Regulation](#)
3. [Finding a balance of Kind & Firm Parenting](#)
4. [Understanding Behaviour](#)
5. [Becoming a good Emotions Coach](#)
6. [Parenting Stress & Self Care](#)

Secondary: Wednesday's@8:00pm~ Starting September 23rd, 2020

1. [Kids now a days & why parenting is so hard](#)
2. [Understanding the Adolescent Brain](#)
3. [Connection & Letting Go](#)
4. [Recognizing Mistakes as Opportunities](#)
5. [Finding a balance of Kind & Firm Parenting](#)
6. [Parenting Stress & Self Care](#)

