

NMCAA Head Start presents Conscious Discipline....

Using Conscious Discipline to better cope with stressful
Situations with children and life...

Stop it, stop it, I'm ok, I'm ok.



NMCAA Teacher & Coach - Lesa Rice, CCDI

Training Location: Northwest Michigan Community Action Agency

– 3963 Three Mile Rd. Traverse City, Mi 49686

– NMCAA Large Conference Room –

Training date & time: December 3rd, 2010 9:00–12:00 p.m.

RSVP to NMCAA 1-800-632-7334

By Wednesday, Dec. 1st, 2010

NO Child Care

Stating “I’m ok I’m ok” is not enough to make it through the stressful jobs we all have as staff and parents. The stressors in our lives don’t go away, but we can learn how to cope with the stress and teach others how to handle their stress. Come learn how to help children label their feelings and ways to go from “Oodle Doodle bug crazy mad to oozy doozy caterpillar calm.” (Shubert Books)

Who may attend?

- NMCAA Head Start & EHS staff/providers, parents & care givers
- Community parents and caregivers
- Community professionals

