

# Parenting With Positive Discipline

Do you find yourself saying or doing things you come to regret?  
Join me to learn a common-sense approach to parenting that really works!

What parents are saying about the class:

"It's life changing. The class taught me not just how to be a better parent but a better person.... I love the changes. "

-Teresa, Oakland

"I am REALLY enjoying being a parent again. Thank you! We are more playful, more engaged with each other. I'm so grateful for you and the work you do. I took much of what I have learned and have begun using it to work with my son and my communications classroom! Very helpful!! "

- Anastasia Prentiss, Ph.d, Oakland

**When:** Thursdays, September 26, October 3, 10, 24, November 7, 14 and 21, 7 – 9 PM

**Where:** St. Paul Lutheran Church

1658 Excelsior (corner of Excelsior & Woodruff), Oakland

**Cost:** \$225 per participant, includes Positive Discipline by Jane Nelsen and supplemental reader. Second parent/caregiver \$150.

**To register:** Send in form below with a check or visit <http://lisafullercoaching.com/payonline/>.

**Instructor:** Lisa Fuller, M.S.W., Certified Positive Discipline Trainer, Certified Professional Co-Active Coach, has been facilitating parenting classes in the East Bay for many years. She is a compassionate listener who is committed to empowering parents through Positive Discipline's common sense principles. Having three children ages 17, 14 and 6, Lisa is steeped in the challenges and joys of parenting. Lisa also offers one on one coaching for parenting and life!

**Questions:** E-mail Lisa at [lisa@lisafullercoaching.com](mailto:lisa@lisafullercoaching.com).

**CEU's:** Course meets qualifications for 14 hrs. Continuing Education credit for MFT's and LCSW's as required by the California Board of Behavioral Sciences, Provider # PCE3902.

**Nurses:** Provider approved by the California Board of Registered Nursing, Provider #CEP 15319, for (14) Contact Hours.

**Small Print:** Full refund is given if cancellation occurs two weeks prior to start of class. Within two weeks, participant may apply fee to future series.

Make check out to *Lisa Fuller* and mail to 4200 Park Blvd. #237 Oakland, CA 94602. Please write clearly

Name(s): \_\_\_\_\_

Address & Zip: \_\_\_\_\_

Phone: (\_\_\_\_\_)\_\_\_\_\_ E-mail address: \_\_\_\_\_

How did you hear about the class? \_\_\_\_\_