



**Conscious
Discipline[®] for**

PARENTING TEENS

Learn how to:

- Manage emotions
- Get your teens to talk
- Make consequences work
- Motivate youth

When: Self-paced. Videos are recorded.

Where: Online, in the comfort of your home.

Call/text for video links: (541) 910-3267

Made possible by the Union County Parenting Collaborative
<https://www.unioncountyfamilysupport.com/>