



Sound Discipline

# WORKSHOPS FOR ADULTS WHO WORK WITH YOUTH & PARENTS/CAREGIVERS

**In-person and online options**

At Sound Discipline we offer several types of workshops for parents and adults who work with youth. We help you create environments where children experience a sense of connection, so that they know they matter and belong.

- **Reimagining Resilience 1: Using a Trauma Lens** - Build positive relationships with kids who have experienced trauma
- **Reimagining Resilience 2: Firmness Tools** - Learn strategies for relating to youth that encourage accountability while maintaining connection.
- **Parenting with Courage & Connection** -
  - **2-hour introductory workshops** - An introduction to the skills and tools needed to get to the core of conflict and bring more peace and joy to your family.
  - **Multi-week series** - Build community with other parents and caregivers as you deepen your understanding of and reflect on parenting practices to raise caring, collaborative, capable kids.



**LEARN MORE AND REGISTER — [SOUNDDISCIPLINE.ORG/WORKSHOPS](https://sounddiscipline.org/workshops)**

*Email us at [info@sounddiscipline.org](mailto:info@sounddiscipline.org) or call 206-782-1595 with any questions!*

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ON PROGRAM FEES\*\***