

# for VIRTUAL FAMILY WORKSHOP



## Conscious Discipline: Breathing Techniques for Calming

**Wednesday, Oct 20, 2021**

**1-2PM EST Zoom**

The first step in successfully managing challenging situations with young children is taking a deep, calming breath. During this workshop we will discuss Conscious Discipline's four core active calming techniques.

Presented by: Sara Lane, Family Engagement Specialist

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[Register](#) for this  
**FREE** workshop



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