

Corvallis Headquarters for Play Therapy *presents:*

# BRAIN-BASED DISCIPLINE

## PARENTING CLASS

DOES YOUR CHILD STRUGGLE WITH:

- listening to your directions?
- getting out the door on time?
- temper tantrums?

DO YOU STRUGGLE WITH:

- keeping your cool in hard moments?
- feeling connected to your child?

Katherine and Kristi have extensive experience and education in child development and neuroscience. The class covers effective strategies for addressing difficult behaviors, rooted in the science of how children grow.

This class uses the book *No Drama Discipline* by Dan Siegel and Tina Payne Bryson as a resource for brain-based parenting strategies.

**Wednesdays 6:30PM – 8:30PM**

October 23, 30 & November 6, 13

Cost is \$100 for each parent or \$160 per couple. Payment in full is due by October 18<sup>th</sup> to hold your space. Attendance for all sessions is encouraged; missed sessions will not be refunded. Space is limited.

**To register:**  
**Kristi Muro at**  
**541-224-3109 or**  
**HQforPlayTherapy@gmail.com**

FACILITATED BY  
**KATHERINE EASTLAKE, LPC**  
**& KRISTI MURO, LCSW**

First Congregational UCC Church  
4515 SW West Hills Road  
Corvallis, OR 97330

The Corvallis School District does not necessarily sponsor this organization or its activities. The District assumes no liability for its contents or events arising out of this distribution.