

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?



As child and family therapists, 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.

Saturdays 8:30AM – 12:30PM

February 22nd & 29th

Cost is \$100 for each parent or \$180 per couple. Payment in full is due by February 15th to hold your space. Attendance for BOTH sessions is encouraged; missed sessions will not be refunded. Space is limited.

**To register:
Katherine Eastlake at
541-203-0275 or
HQforPlayTherapy@gmail.com**

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

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