

Salina Unified School District No. 305

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Media Release

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Equip Yourself with the Knowledge and Tools to Become a More Confident and Effective Parent

Free Training from Conscious Discipline

Are you looking for ways to help your children learn and grow? Salina Public Schools and Saline County are offering free training through the social-emotional program, Conscious Discipline. This eight week e-learning course will equip you with the knowledge and tools necessary to become a more confident and effective parent.

The course consists of three, eight-week sessions, each offered at different times for your convenience. The content is the same in all sessions and registration closes one week before the first day of class for each session. Sessions take place on

- Mondays from 5:30-7:30 p.m., September 11 – October 30
- Saturdays 9-11:00 a.m., September 16 – November 4
- Thursdays 6-8:00 p.m., September 21 – November 9

Free childcare is also available at each session, although spaces are limited and vary by location. All adults are welcome to attend this free training regardless of their background or experience level.

Through this program, we will learn behavior management strategies that anyone can use to turn everyday situations into learning opportunities. Embracing effective behavior management strategies is a transformative step toward creating a positive and nurturing environment for our children. As Jody Craddock-Iselin, Director of Support Services at Salina Public Schools said, "By disciplining ourselves to become lifelong learners, we empower our children to grow into resilient, compassionate and responsible individuals." And there has never been a better time than now to do just that!

Register at the district website, usd305.com. For more information or questions about this free training opportunity from Conscious Discipline, please contact Jody at jody.craddockiselin@usd305.com.

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The Adult-First Mindset Shift Training

Handling Upset

Gain insight into why an adult-first approach to self-regulation is absolutely necessary for modeling and teaching the behaviors we want students to acquire with this **FREE E-Learning Course from Conscious Discipline**.

Scan Here To Register

Questions?
Contact Jody at jody.craddockiselin@usd305.com

  