

The Butte College Foster/Kinship Care Education Program Presents
Workshops Featuring Trainer: Susan Patricio MS, RN



Becoming Brain Smart

The Conscious Discipline Brain State Model Based on the work of Dr. Becky Bailey

When: Tuesday Mornings 9am to noon (dates listed below)

Where: Paradise Ridge Family Resource Center
6249 Skyway, Paradise, CA

This 6 week "Becoming Brain Smart" series, created from the Conscious Discipline concepts of Dr. Becky Bailey, is designed to empower parents and educators with tools to enhance emotional intelligence and influence their ability to respond rather than react to life events. In this workshop, you will learn

- Brain states and their relevance to behavior.
- Four brain smart principles that help us change for the better.
- The Conscious Discipline Brain State Model.
- Tools to help us manage our emotions.
- Tools to help children manage their emotions.
- How and why connection is the core of discipline.

Dates

April 3, 2012
April 10, 2012
April 17, 2012
April 24, 2012
May 1, 2012
May 7, 2012

Class Focus

Overview on Becoming Brain Smart
Understanding brain states
Applying Brain Smart principles
Keeping Brain Smart tools sharp
Be a STAR with Brain Smart
Becoming Brain Smart for life

Please call Butte College Foster/Kinship Care Education at 530-897-6235 to sign-up for any of these classes. **If you are new to the program or have not attended training recently please arrive 15 minutes early to fill out mandatory paperwork or fill it out from the website and bring it with you.** www.butte.edu/careerservices/fosterkinship/

Or go to www.butte.edu/careerservices and click on Foster/Kinship Care Education Program



Thanks for your cooperation, it really helps!! Choose Your Attitude AND Make It A Great Day!!

