

Laying the foundation for capable, confident children

# Helping Kids Self-Regulate with Positive Discipline

for Childcare Providers and parents: Creating an environment where children learn, thrive, and cooperate.



Ruth Buffam is a Certified Positive Discipline Educator and Trainer and has an educational background in early childhood, educational psychology and counselling. She spent over 20 years as a classroom & special education teacher and has more than a few years of parenting experience raising three wonderful sons.

[positivediscipline.ca](http://positivediscipline.ca)



Stay tuned for more info on the  
workshop topic

**When: Saturday, February 1**  
**Where: CCRR Office (Co-op  
Mall Beside Sears)**  
**Time: 9:00 a.m. - 3:00 p.m.**  
**Cost: \$10.00**

Register by Jan 29, by contacting  
Katherin at 250-782-1138 ext.  
221 or [kcharbonneau@spcrs.ca](mailto:kcharbonneau@spcrs.ca)

Register and pay early to ensure you  
have a spot