



# Parenting Sober Support Group

A group for parents and caregivers at any stage of recovery

**FIRST FRIDAY**  
OF THE MONTH  
11/1, 12/6

11AM - 12:30PM

ZOOM!

EMAIL, CALL, OR TEXT FACILITATOR FOR LINK:  
CINDY DUSAIR, (805) 550-5865  
[CDUSAIR@BUILDYOURNESTCOACHING.COM](mailto:CDUSAIR@BUILDYOURNESTCOACHING.COM)



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# The Key to Understanding & Redirecting Negative Behavior

A workshop of why misbehaviors happen and how to redirect them.

**TUESDAY**  
5 NOVEMBER 2024  
6 -7:30 PM

ZOOM!

QUESTIONS?  
CALL OR TEXT  
DEANNE  
805-788-8206

REGISTER

<https://lp.constantcontactpages.com/ev/reg/uuxchzv>



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# La clave para comprender y redirigir el comportamiento negativo

Este taller le proporcionará herramientas y estrategias prácticas para comp

**MARTES**

5 NOVIEMBRE 2024

6 -7:30 PM

ZOOM!

¿TIENES PREGUNTAS?  
LLAMA O ENVÍA UN MENSAJE  
DE TEXTO A LINDA AL  
805-540-1223

REGISTRO

<https://lp.constantcontactpages.com/ev/reg/uuxchzv>



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# Crianza Positiva!

## *Entrar en el Grupo de Apoyo*

para padres con hijos de todas las edades. Este es un grupo gratuito y proporcionaremos refrigerios y materiales. Los niños menores de 2 años están invitados a asistir con sus padres.

**MIÉRCOLES**  
6 NOVIEMBRE 2024  
DE 10 A 11 AM

PASO ROBLES  
STUDY CENTER  
3600 OAK STREET  
PASO ROBLES

¿TIENES PREGUNTAS?  
LLAMA O ENVÍA UN MENSAJE  
DE TEXTO A LINDA AL  
805-540-1223

**SE OFRECEN CAFÉ, TÉ Y APERITIVOS LIGEROS.**

REGISTRO: <https://lp.constantcontactpages.com/ev/reg/3c88rnk>



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# Emotional Regulation

A workshop to provide you with practical tools and strategies to better comprehend youth and children emotions and behaviors, as well as guidance on how to teach youth to manage them effectively.

**THURSDAY**  
7 NOVEMBER 2024  
6 -7:30 PM

ZOOM!

QUESTIONS?  
CALL OR TEXT  
DEANNE  
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# Positive Parenting!

*Drop-in support group*

for parents with children of all ages.

**2ND WEDNESDAY**  
OF THE MONTH  
11/13  
6:30 -7:30 PM

ZOOM!

QUESTIONS?  
CALL OR TEXT  
DEANNE  
805-788-8206

REGISTER

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