



Chicago Family Therapy Center  
Family, Reproductive, and Health Psychology

# Positive Discipline

Weekly Parent Education and Support Group

Workshop activities will cover:

Knowing yourself

Understanding your children

Natural and logical consequences

Encouragement versus praise

Kind AND firm parenting

Reasons for misbehavior

Family constellation and sibling rivalry



Facilitated by Dr. Olga Kilstein, PsyD.  
Dr. Kilstein has experience and expertise in infant and child development, parent support, couples therapy, mood disorders, and reproductive health psychology

\$20 per session

Blue Cross Blue Shield PPO insurance accepted

Other insurance providers can be billed out of network

Meet via Zoom from the comfort of your home

FOR GROUP  
DAYS AND  
TIMES  
CONTACT:

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