



# CONSCIOUS DISCIPLINE

## Lunch & Learn | 2025-2026

DATE

TIME

Wednesday, September 17

12:00 PM

Wednesday, October 15

12:00 PM

Wednesday, November 19

12:00 PM

Wednesday, December 17

12:00 PM



**SCAN FOR ZOOM  
REGISTRATION**

Or visit  
[bit.ly/CDLL2025](https://bit.ly/CDLL2025)

You can choose to attend one or more of the sessions.

**Have any questions? Contact Kristen Martoccho at [KMartocchio@scfirststeps.org](mailto:KMartocchio@scfirststeps.org) or Charshina McMillian at [CMcMillian@scfirststeps.org](mailto:CMcMillian@scfirststeps.org)**